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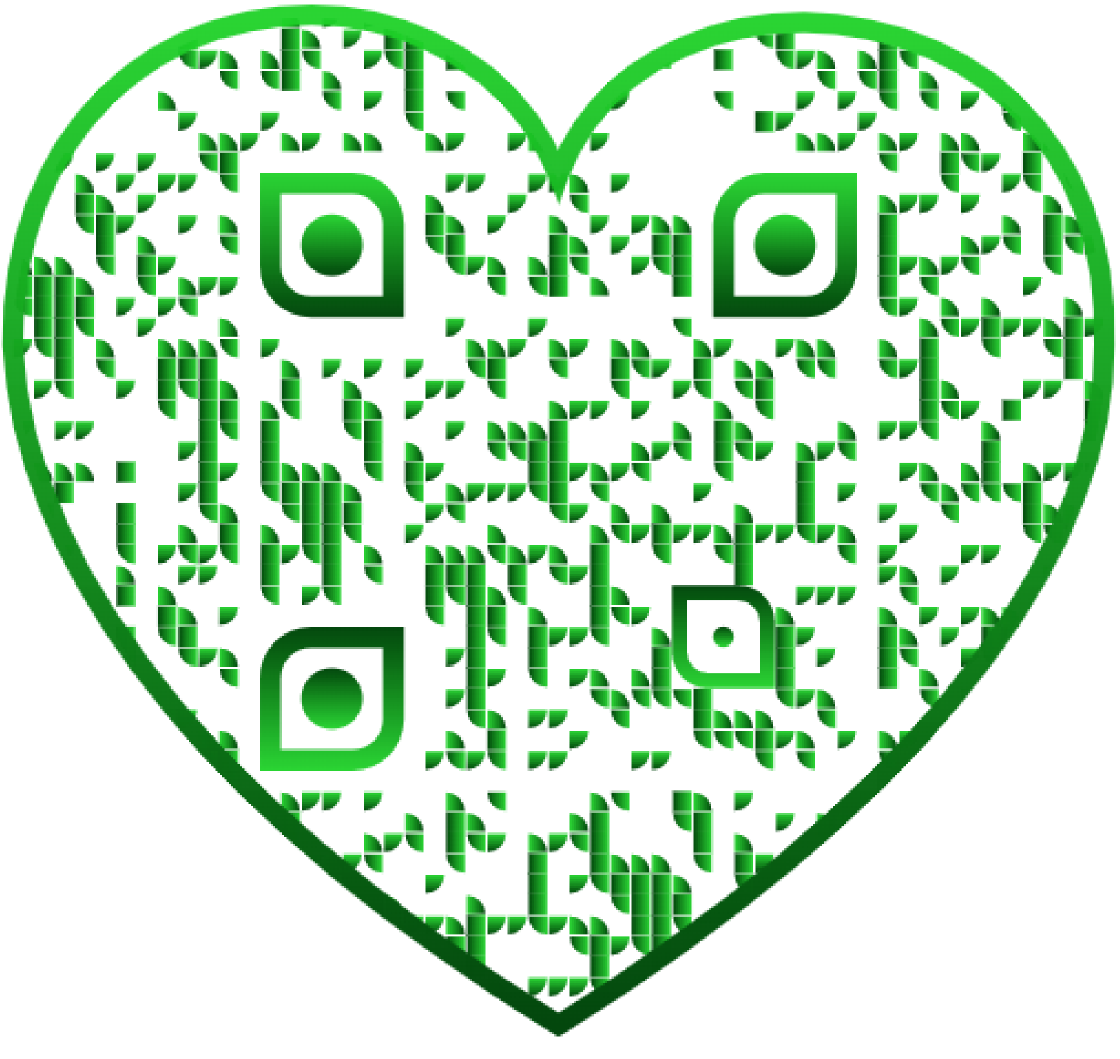

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AIR FRYER CHRISTMAS

Welcome

Christmas is magical but let's be honest, it can also be hectic. From last-minute shopping to endless prep in the kitchen, it's easy to feel overwhelmed. That's where your air fryer comes in. This little hero will take the stress out of cooking, delivering fast, foolproof results with less fuss – and it's often healthier, too.

In this special festive issue, we show just how versatile your air fryer can be with 100 recipes that require minimal effort and yield impressive results. Take our showstopping cover recipe; a whole ham, slow-cooked in cola and studded with cloves, then finished in the air fryer until caramelised and golden (p41).

You'll also find your perfect turkey here (p12), wings-for-dinner gravy (p18) and 14 starry sides (p30) to make your feast shine. And it doesn't stop at the big day – there are speedy party bites, indulgent bakes and clever ideas for leftovers to keep the magic alive. Here's to your most relaxed Christmas yet.

Keith

Keith Kendrick,
Group magazines editor

Make our mini gingerbread house mug toppers, p64

You can find even more air fryer inspiration at *goodfood.com/recipes/air-fryer-recipes*

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The majority of these recipes have previously appeared in Good Food, and were tested and nutritionally analysed by a team of experts.

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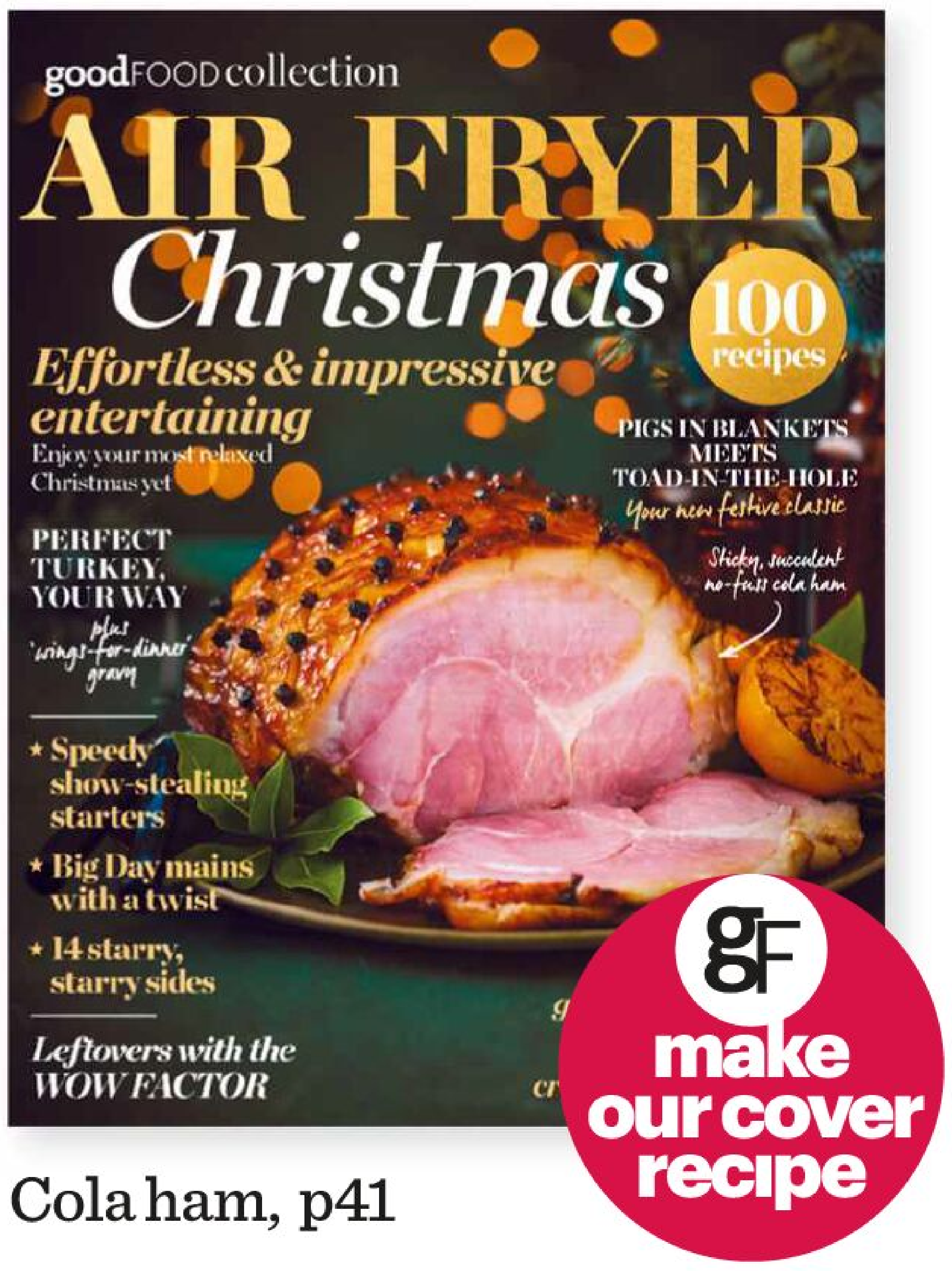
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Leftovers with the WOW FACTOR
gF
make our cover recipe

Cola ham, p41

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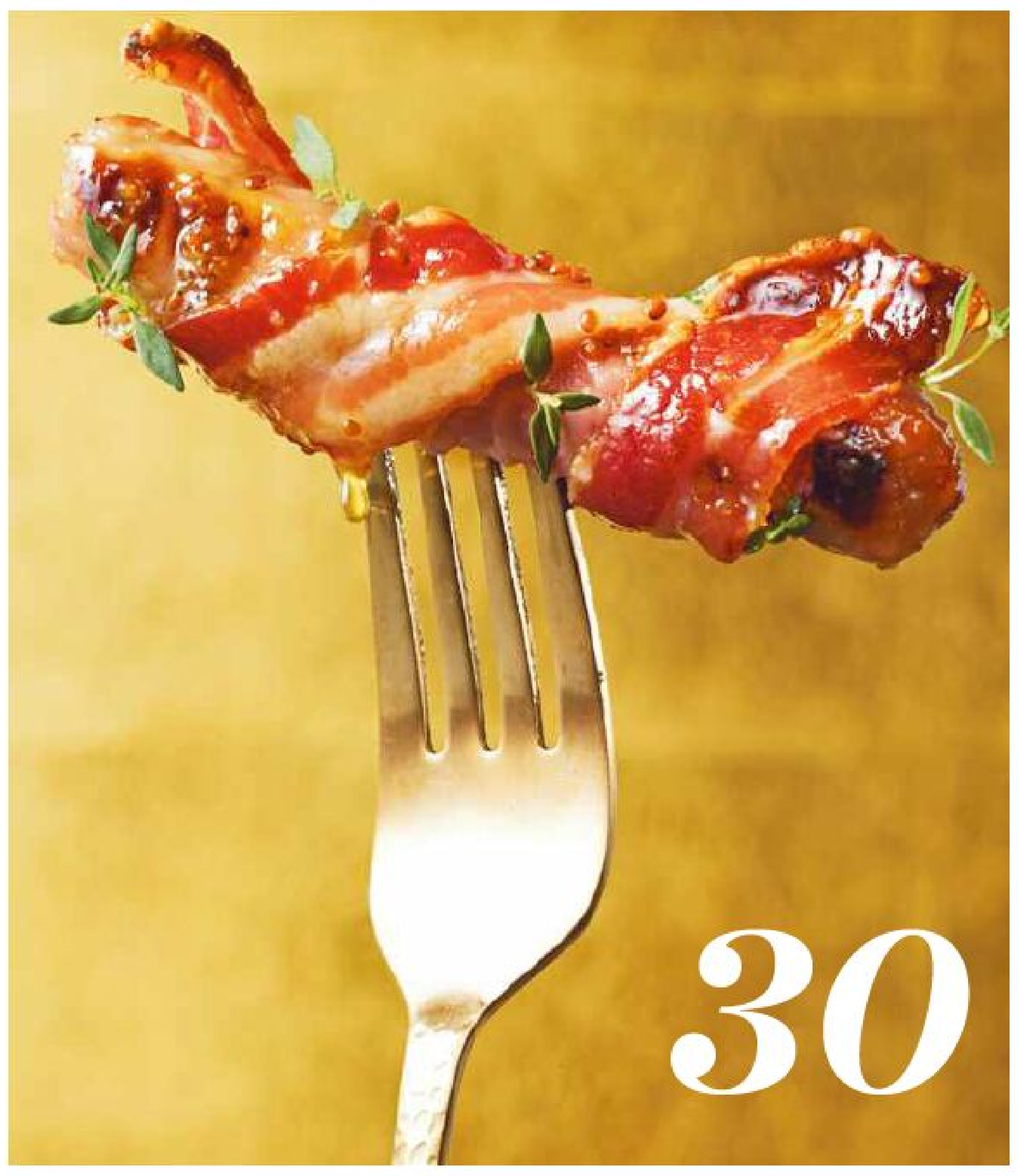

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DAZZLING STARTERS

Kick off the big lunch in style with these elegant crowd-pleasers, from traditional baked camembert to quirky fig crostini

Crab & prawn vol au vents, p8

Hot smoked salmon & beetroot platter

The beetroot, rocket and nuts bring lots of colour and flavour to this dish. Strain the labneh a day in advance to make this starter quick to assemble.

SERVES 4 **PREP** 10 mins plus 1 hr draining
COOK 45 mins **EASY**

- 500g natural yogurt
- 2 beetroots
- 1 tbsp extra virgin olive oil
- 2 tsp maple syrup or honey
- 2 tsp coriander seeds, lightly crushed using a pestle and mortar
- ½ lemon, juiced
- large handful of rocket
- 2 hot smoked salmon fillets
- 50g walnuts, roughly chopped
- crusty bread, to serve

1 Combine the yogurt with some seasoning, then spoon into the middle of a double layer of muslin. Bring the corners up and tie together into a parcel, then hang over a bowl to catch any liquid. Leave to drain for 1 hr. After this time, the yogurt should be firm but spreadable. *Will keep chilled overnight.*

2 Meanwhile, trim the beetroots and wrap each tightly in foil. Heat the air fryer to 200C and cook for 35-45 mins until tender. Cool for 10 mins, then run the beetroot under cold water to peel off the skin. Finely chop and tip into a bowl.

3 Mix the oil, maple syrup, coriander seeds and lemon juice in a bowl. Season, then stir into the bowl of beetroot. *Will keep chilled for up to a day.* Spread the yogurt cheese (labneh) over a serving platter or four plates. Top with the beetroot mixture, then the rocket and flake over the salmon. Season with black pepper, scatter over the walnuts and serve with crusty bread.

PER SERVING 370 kcals • fat 22g • staurates 5g • carbs 15g • sugars 15g • fibre 2g • protein 28g • salt 1.8g

Crab & prawn vol au vents

SERVES 4 **PREP** 25 mins plus chilling
COOK 40 mins **EASY**

2 sheets ready-rolled puff pastry
1 egg, beaten
For the filling
1 banana shallot, finely chopped
½ tbsp butter
1 tbsp olive oil, plus ½ tsp
1 garlic clove, crushed
½ tsp smoked paprika
¼ tsp dark brown soft sugar
1 tbsp tomato purée
2 tomatoes, finely chopped
2 tbsp brandy
200ml fish or chicken stock
125ml double cream
small bunch of parsley, finely chopped
200g North Atlantic prawns
100g half white, half brown crabmeat
¼ green apple, peeled and finely diced
½ tbsp baby capers, drained and fried in butter

1 Unroll both pastry sheets and cut four 10cm circles from each. Lay four of the circles on a lined baking sheet. Use a 7-8cm cutter to cut smaller circles from the centre of the remaining four. Brush the edges of the whole circles with a little egg, then carefully place a ring of pastry onto each, making sure the edges match up.
2 Knock up the sides of the pastry (to help it rise) by making shallow cuts into the side of the pastry cases at an angle. Use the point of the sharp knife to carefully score around the inside of the ring, but don't cut all the way through the base. Brush the top of the cases with egg and chill for 30 mins.
3 To make the filling, fry the shallot gently in the butter and 1/2 tsp oil for about 5 mins until very soft. Add the garlic and cook for 1 min. Add the paprika, sugar, tomato purée, tomatoes and brandy and cook for 2 mins more over a low heat. Pour in the stock and simmer for 10-15 mins until the stock has almost evaporated. Push the mixture through a sieve into a clean pan and add the cream. Bring back to a simmer for 10 mins until thickened.
4 Meanwhile, heat the air fryer to 200C. Cook the vol au vents for 8-10 mins or until puffed and a shiny dark gold colour.
5 Stir a little of the parsley into the filling mixture, followed by the prawns and the crabmeat, and heat through.
6 Mix the apple, remaining parsley and the capers with 1 tbsp oil. Divide the crab mixture between the vol au vents, spooning carefully into the centre of each one, then top with a little of the apple and caper mixture. Serve the vol au vents individually.

PER SERVING 840 kcals • fat 53g • saturates 26g • carbs 56g • sugars 6g • fibre 6g • protein 27g • salt 2.7g

Crispy fried artichokes with rosemary & chilli honey

This impressive, no-fuss starter uses jarred artichokes so it's quick and easy to prepare, leaving you more time to chat to your guests.

SERVES 6 **PREP** 10 mins
COOK 20 mins **EASY** **V**

50g cornflour
2 x 280g jars artichokes in oil, drained
3 tbsp olive oil
3 tbsp honey
2 garlic cloves, grated
1 red chilli, finely chopped
1 rosemary sprig, leaves picked and finely chopped

1 Tip the cornflour into a bowl and season. Pat the artichokes dry using kitchen paper, then toss in the cornflour.
2 Heat the air fryer to 200C. Toss the artichokes in the oil, then spread them out in the air fryer basket. Cook for 12-15 mins, turning once, until they have turned crisp and golden.
3 Warm the honey, garlic and chilli in a small pan and season. Once bubbling, stir in the rosemary. Drizzle a little of the honey over the artichokes and serve the rest in a dipping bowl.

PER SERVING 203 kcals • fat 14g • saturates 2g • carbs 18g • sugars 9g • fibre 2g • protein 1g • salt 1.8g

Fig, goat's cheese & basil crostini

MAKES 24 **PREP** 5 mins
COOK 30 mins **EASY** **V**

- 1 bake-at-home baguette
- 2 tbsp olive oil
- 145g fresh pesto
- 100g goat's cheese or vegetarian alternative, broken into chunks
- 3 large figs, cut into eighths
- drizzle of honey
- basil leaves, to serve (optional)

1 Heat the air fryer to 190C. Slice the baguette diagonally into 24 pieces, around $^{3}/_{4}$cm thick, and arrange in the air fryer basket. You may need to do this in batches. Drizzle with oil, then bake for 3-4 mins until lightly golden.
2 Spread a little pesto on each baguette slice, then top each with a piece of goat's cheese and fig. Drizzle a drop or two of honey over each piece of fig, or to taste, then return to the air fryer for a further 3-4 mins until the cheese is golden at the edges and the fig has softened a little.
3 Season with freshly ground black pepper and scatter over the basil leaves, if using. Serve straightaway.

PER SERVING 94 kcals • fat 5g • saturates 1g • carbs 10g • sugars 4g • fibre 0.7g • protein 2g • salt 0.4g

Pickled walnut & pear baked camembert

Add sweetness and texture to a classic baked camembert.

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY** **V**

- 250g baking camembert or vegetarian alternative, a cross cut into the top
- 1 pickled walnut, finely chopped
- 65g ripe pear, cored and finely chopped
- crusty bread, to serve

1 Heat the air fryer to 180C. Remove the wooden lid from the camembert pack and unwrap the camembert. Put the camembert back into the wooden container but don't put the lid back on. Bake the camembert for 10 mins.
2 Combine the walnuts and pears with a small pinch of salt. Remove the cheese from the air fryer, top with the nuts and pears, then bake for another 5 mins. Serve with crusty bread.

PER SERVING 203 kcals • fat 14g • saturates 9g • carbs 5g • sugars 5g • fibre 1g • protein 13g • salt 1g

Baked camembert with spiced honeyed nuts

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY** **V**

- 250g baking camembert or vegetarian alternative, a cross cut into the top
- 75g salted mixed nuts, roughly chopped
- ½ tsp smoked paprika
- 1 thyme sprig, leaves picked (optional)
- 1 rosemary sprig, leaves picked and finely chopped
- 50g honey
- crusty bread, to serve

1 Heat the air fryer to 180C. Remove the wooden lid from the camembert pack and unwrap the camembert. Put the camembert back into the wooden container but don't put the lid back on. Bake the camembert for 15 mins, then remove from the air fryer and leave to cool for 5 mins.
2 Meanwhile, put the nuts, paprika, thyme, rosemary and honey in a small saucepan. Season lightly. Bring to a simmer, stirring for a few minutes, until aromatic and sticky. Pour over the camembert and serve immediately with some crusty bread.

PER SERVING 332 kcals • fat 24g • saturates 10g • carbs 12g • sugars 10g • fibre 1g • protein 17g • salt 1g

Confit garlic & thyme baked camembert

SERVES 6 **PREP** 5 mins plus cooling
COOK 40 mins **EASY** **V**

8 garlic cloves
2 thyme sprigs
150ml olive oil
250g baking camembert or vegetarian alternative, a cross cut into the top
crusty bread, to serve

1 Heat the air fryer to 180C. Peel the garlic and put in a 250ml ramekin or small baking dish with the thyme sprigs. Season with a pinch of salt. Pour the olive oil over the garlic, making sure the garlic is covered. Bake for 25 mins.

2 Unwrap the camembert and put in a separate small baking dish. Once the garlic has been in the air fryer for 25 mins, add the camembert dish to the air fryer next to the garlic dish and cook both for another 15 mins. Remove the dishes from the air fryer and leave to cool for 5 mins. Lift the garlic out of the infused oil in the dish using a fork, and lightly mash . Spread the mashed garlic over the camembert, and serve with crusty bread for scooping.

PER SERVING 174 kcals • fat 15g • saturates 7g • carbs 1g • sugars 0.1g • fibre 0.3g • protein 9g • salt 0.6g

THE MAIN ATTRACTION

Whether it's a crown coated in herbs and spices or the juiciest turkey breast, make a centrepiece to remember for Christmas Day

Burnt lemon & thyme butter turkey crown

Air frying the crown skin-side down for the first 30 minutes helps to make the skin turn golden. Before cooking, be sure to check the crown will fit in your air fryer basket.

SERVES 6 **PREP** 30 mins plus 20 mins resting **COOK** 1 hr **EASY**

- 1 lemon, zested and halved, plus extra lemon halves to serve (optional)
- small bunch of thyme
- 2 garlic cloves, finely chopped or crushed
- 75g butter, softened
- 2 onions, unpeeled and chopped
- 1.7kg turkey crown

1 If you have time, the day before you want to roast the turkey, heat a frying pan or griddle pan over a high heat and sear the cut sides of the lemon halves for 5 mins until well charred. Leave to cool slightly, then squeeze the juice into a bowl and add the lemon zest. Pick the leaves off most of the thyme sprigs, reserving a few whole sprigs, and add the leaves to the bowl along with the garlic, butter and a large pinch of salt. Mash everything together. *Will keep chilled for up to a day.* Prep the onions and store in a covered dish. Put the turkey crown in a bowl or dish and season well. *Will keep covered and chilled for up to 24 hrs.* Alternatively, you can prepare the butter and crown on the day you wish to serve.

2 If you've chilled the butter, onions and crown, remove from the fridge 1-2 hrs before roasting to come to room temperature. Heat the air fryer to 180C. Rub the flavoured butter all over the turkey skin, then put the turkey, skin-side down, in the air fryer basket. Scatter the onions around the crown. Cook for 30 mins, then turn the crown over and cook for a further 20-30 mins, or until the juices run clear when pierced with a knife in the thickest part, or a meat thermometer stuck into the thickest part reads 65C. Leave to rest for at least 20 mins before carving. The onions and any juices can be reserved to make gravy, if you like. Sear more lemon halves in a hot pan to serve with the turkey crown. Garnish with the whole thyme sprigs

PER SERVING (6) 608 kcals • fat 29g • saturates 13g • carbs 16g • sugars 13g • fibre 3g • protein 68g • salt 1.4g

Super-succulent turkey breast

Cooking a turkey breast is easier than cooking the whole bird. We've put fennel and orange in our dry brine mix, but you could use salt, pepper and sugar.

SERVES 8 **PREP** 15 mins plus overnight marinating **COOK** 1hr 15 mins plus 15 mins resting **EASY**

1 tsp fennel seeds (optional)
1 tbsp black peppercorns
small bunch of thyme, chopped
1 orange, zested
50g flaky sea salt
1 tsp light brown soft sugar
2-2.5kg boneless, tied turkey breast
50g butter, softened
thyme and parsley sprigs, to serve (optional)

1 Using a pestle and mortar, crush the fennel seeds with the peppercorns, then crush in the thyme and orange zest, and the salt and sugar. Sit the turkey in a dish skin-side up. Season all over with the salt mixture, then chill in the dish, uncovered, overnight. *Will keep chilled for up to two days.*

2 Remove the turkey from the fridge 2-3 hrs before air frying. Heat the air fryer to 180C. Brush off any excess salt mixture. Lift the turkey out of the tin and onto a board. Smother all over with the butter, then cook, skin-side down, for 30 mins. Turn the turkey over and cook for a further 35-45 mins, or until the juices run clear when pierced with knife in the thickest part, or use a meat thermometer – it should read at least 65C in the thickest part.

3 Leave the turkey to rest for at least 15 mins on a board – don't cover it otherwise the skin will go soggy. Carve into slices – about 1cm thick is ideal. Arrange the turkey on a platter, scatter with the herbs, if using, and serve.

PER SERVING 427 kcals • fat 23g • saturates 8g • carbs 1g • sugars none • fibre none • protein 54g • salt 3.5g

Jerk turkey

Try a Caribbean-style twist on a roast dinner with this jerk turkey. Serve with rice and peas, plus creamy coleslaw to balance the spiciness of the marinade.

SERVES 6 **PREP** 15 mins plus 24 hrs marinating **COOK** 50 mins plus 10 mins resting **EASY**

- 2 turkey legs (about 2kg total weight), cut into leg and thigh portions
- 2 tbsp jerk seasoning
- 2 tbsp all purpose seasoning
- 2 scotch bonnet chillies (deseeded if you prefer less heat)
- 5 spring onions, trimmed and roughly chopped
- 1 large onion, roughly chopped
- 20g ginger, peeled
- 7 garlic cloves
- 8 tbsp white wine vinegar
- ½ nutmeg, grated
- 2 tsp ground allspice
- 12 thyme sprigs, leaves picked
- 1 large red pepper, deseeded and roughly chopped

1 Cut a few deep slashes into the meat of the turkey legs, without going all the way down to the bone. Sprinkle over the jerk and all purpose seasonings and then set aside.

2 To make the marinade, tip the chillies, most of the spring onions, the onion and ginger into a food processor. Peel and add the garlic along with the vinegar, nutmeg, allspice, thyme leaves, red pepper and 1 tsp salt. Blitz to a paste, adding a splash of water if it's too thick. Pour the marinade over the turkey, turning to coat – this is best done with your hands but wear gloves as the chilli may irritate your skin. Cover and chill for at least 24 hrs.

3 Heat the air fryer to 190C. Arrange the turkey pieces in the air fryer basket, with the thigh pieces skin-side down, and roast for 30 mins. Flip the pieces over and roast for another 10-20 mins, basting with the roasting juices once or twice until the turkey pieces are golden brown and the juices run clear when the thickest part of the thighs are pierced with a knife. If you have a meat thermometer, check the internal temperature is 75C. Cover loosely with foil and leave to rest for 10 mins before scattering over the remaining spring onions to serve.

PER SERVING 258 kcals • fat 10g • saturates 3g • carbs 7g • sugars 4g • fibre 2g • protein 33g • salt 2.3g

Roasted garlic & herb turkey crown

Try a turkey crown instead of a whole bird for Christmas dinner to enjoy more tender breast meat. Roasting the garlic for the butter in the air fryer first mellows out its flavour.

SERVES 6 **PREP** 30 mins plus 24 hrs marinating and 20 mins resting
COOK 1 hr 30 mins
MORE EFFORT ❄

1 large garlic bulb
1 tsp olive oil
small pinch of paprika
small bunch of thyme
75g butter softened
handful of parsley leaves, finely chopped
½ lemon, zested and juiced (reserve after juicing)
2kg turkey crown

1 Heat the air fryer to 190C. Cut the top off the garlic bulb, exposing the tops of the cloves. Put on a small square of foil and drizzle with the olive oil. Season with salt, pepper and the paprika, and lay a thyme sprig on top. Scrunch up the foil to enclose the bulb and roast in the air fryer basket for 15-20 mins or until soft when pressed. Leave to cool for a few minutes before removing the foil and papery skin from the bulb. Strip the leaves from the remaining thyme sprigs (reserving the stems) and tip into a bowl. Squeeze in the roasted garlic cloves and add the butter, parsley, lemon zest and juice. Season well, then mash everything together to combine. *Will keep chilled for up to three days or frozen for a month.*

2 If you have time, season the turkey 24 hrs before roasting (this helps create crispy skin). Scatter the reserved thyme stems and the juiced lemon half into a dish. Put the turkey crown on top, cavity-side down, then season generously all over. Cover and chill for up to 24 hrs.

3 Remove the turkey and garlic butter from the fridge 1-2 hrs before roasting to come to room temperature. Heat the air fryer to 180C. Use your fingers or a spoon to gently push under the skin of the turkey, making a pocket. Spread most of the garlic butter all over the flesh, beneath the skin, so it completely covers the breast. Spread any remaining butter over the skin. Roast the turkey crown, skin-side down, for 30 mins, then turn the crown over and cook for a further 30-40 mins or until the juices run clear when pierced with a knife in the thickest part, or a meat thermometer stuck into the thickest part reads 65C. Leave to rest for at least 20 mins before carving.

PER SERVING 595 kcals • fat 30g • saturates 13g • carbs 12g • sugars 11g • fibre 2g • protein 67g • salt 1.3g

Wings-for-dinner gravy

Make this ahead and you'll have wings for dinner, as well as a delicious gravy to go with your turkey on Christmas Day – double win! Source whole wings from the butcher for extra flavour.

SERVES wings for 4, gravy for 6-8
PREP 20 mins **COOK** 1 hr 10 mins
EASY ❄ gravy only

1kg chicken wings (with tips attached, if you can get them)
2 onions, roughly chopped with skin on
3 carrots, roughly chopped with skin on
2 mushrooms, sliced
small bunch of thyme
2 bay leaves
3 garlic cloves, squashed with the side of your knife
2 tbsp sunflower oil
1 tbsp honey
2 tbsp soy sauce
4 tbsp plain flour
200ml white or red wine
2 chicken stock pots or cubes

1 Heat the air fryer to 180C. If the chicken wings have tips, trim them off using a knife or scissors, then put them in a roasting tin that will fit in the air fryer basket. Add the vegetables, herbs and garlic. Drizzle over the oil, season and mix everything well to coat in the oil. Toss the wings in a little oil, then sit them evenly spaced over the vegetables and air fry for 25 mins.

2 Mix the honey and soy sauce with some seasoning. Brush the honey mixture over the wings, then air fry for another 5 mins. Lift the wings off the vegetables – they are now ready to eat hot or cold served with chips, rice, salad or noodles.

3 To make the gravy, scrape everything from the roasting tin into a saucepan, making sure you get all the sticky bits on the bottom, and put on a medium heat. Scatter over the flour and stir into the sticky vegetables to make a paste. then cook until light brown. Pour in the wine and bubble down until sludgy, then pour over 1.5 litres water and add or crumble in the stock. Bring to the boil, stirring well and scraping the bottom of the pan, then lower the heat and simmer gently for 30 mins until you have a lightly thickened gravy.

4 Sit a sieve over another pan and strain the gravy into it, pressing with the back of a ladle to mash any softened vegetables through it and to catch any wing tips. *Will keep chilled for three days or frozen for up to a month.* To serve, reheat, adding any resting and carving juices from the turkey – bear in mind that they will be salty, so you don't need to season again.

PER SERVING 98 kcals • fat 3g • saturates 1g • carbs 11g • sugars 2g • fibre 1g • protein 1g • salt 0.7g

DELICIOUSLY DIFFERENT

Cooking for vegetarians or fancy a change from turkey? Add a fresh spin to your festive menu with one of these great alternatives

Hasselback butternut squash with tahini yogurt & gremolata

Our hasselback butternut squash makes a perfect veggie Christmas main. It's spiced with cinnamon and nutmeg, and served with a zingy citrus and herb gremolata.

SERVES 6 **PREP** 20 mins
COOK 1 hr **MORE EFFORT** **V**

3 medium butternut squash, halved vertically, peeled and deseeded
6 star anise
5 tbsp olive oil
1 tsp ground cinnamon
½ nutmeg, grated
3 tbsp light brown soft sugar
100g natural or plant-based yogurt
100g tahini
1 lemon, zested and juiced

For the gremolata

2 large handfuls of flat-leaf parsley, leaves picked and finely chopped
1 orange, zested, plus ½ juiced
1 garlic clove, crushed
3 tbsp dried cranberries
4 tbsp pomegranate seeds
5 tbsp flaked almonds, toasted

1 Working with one squash half at a time, put on a chopping board with a wooden spoon on either side. Using a large, sharp knife, cut slices crosswise along the length of the squash at ½cm intervals, cutting through only until you reach the spoon handles. Heat the air fryer to 180C. Arrange the squash in the air fryer basket in a single layer flat-side down (you may need to cook them in two batches if your basket is too small to hold all of them). Drop a star anise into the cavity of each half, then drizzle over 3 tbsp of the oil. Combine the cinnamon, nutmeg and brown sugar, then rub all over the squash halves. Roast for 25-30 mins until soft, basting with any roasting juices after 15 mins.

2 Meanwhile, make the gremolata. Put the parsley in a small bowl and mix with the rest of the oil, the orange zest and juice, garlic, dried cranberries and pomegranate seeds. Set aside.

3 Mix the yogurt and tahini with the lemon zest and juice in a separate bowl. Season and stir in 1-4 tbsp water to loosen until it's the consistency of double cream.

4 Just before serving, stir the toasted almonds through the gremolata. Arrange the roasted squash halves on a serving platter, then top with the tahini yogurt and gremolata.

PER SERVING 483 kcals • fat 27g • saturates 4g • carbs 45g • sugars 33g • fibre 9g • protein 11g • salt 0.1g

Pepper-crusted roast beef with béarnaise butter

Transform béarnaise sauce into a flavoured butter – it tastes just as good and pairs beautifully with pepper-crusted roast beef.

SERVES 6 **PREP** 10 mins plus 15 mins resting **COOK** 1 hr **MORE EFFORT**
❄ béarnaise butter only

1.2-1.4kg rolled joint of beef (topside, rump, boned rib or sirloin)
1 tbsp English mustard
1 tbsp black peppercorns, crushed

For the butter

handful of tarragon, leaves picked and chopped, stems reserved
2 shallots, finely chopped
100ml white wine vinegar
75g butter, softened

1 To make the butter, tip the tarragon stems, shallots, vinegar and some black pepper into a small saucepan and bring to the boil. Reduce the heat to a simmer and cook for 10 mins, or until the vinegar has reduced to about 2 tbsp. Remove from the heat and leave to cool completely, then remove and discard the tarragon stems. Tip into a bowl with the softened butter and tarragon leaves. Season with salt and mash everything together to combine. Spoon the flavoured butter onto a sheet of baking parchment, roll into a log and twist the ends to secure. Chill until firm. *Will keep chilled for up to five days or frozen for three months.*

2 Heat the air fryer to 220C. Season the beef generously with salt, then brush all over with mustard and roll in the crushed peppercorns to coat. Sit the joint, fatty-side up, and cook for 10 mins. Reduce the temperature to 170C, then cook for 30-40 mins more (30 mins for medium-rare or until the beef reaches 55C on a meat thermometer and 40 mins for medium-well done until the beef reaches 55C on a meat thermometer).

3 Lift the beef onto a platter or board that can catch its juices, and leave to rest somewhere warm for 15-30 mins. Meanwhile, bring the Béarnaise butter to room temperature. Tip the beef resting juices into your gravy, then carve the beef as thinly as possible and drape the slices over a serving platter. Season and top with slices of the Béarnaise butter, then flash briefly under the grill to melt it, if you like.

PER SERVING 456 kcals • fat 29g • saturates 14g • carbs 1g • sugars 1g • fibre 0.5g • protein 48g • salt 0.8g

Whole roasted cauliflower

Wow your family and friends with an impressive whole cauliflower. Use dairy-free yogurt to make it vegan-friendly.

SERVES 6 **PREP** 5 mins
COOK 35 mins **EASY** **V**

- 1 medium cauliflower, leaves removed and stalk trimmed
- 3 tbsp vegetable oil
- 2 tsp dried mixed herbs
- 2 tsp sweet smoked paprika
- 2 tsp garlic granules
- ½ lemon, juiced
- 6 tbsp thick yogurt
- small handful of parsley, chopped, to serve
- pomegranate seeds, to serve

1 Fill a large, lidded saucepan that's big enough to fit the whole cauliflower with at least 3cm salted water, and bring to the boil over a medium heat. Carefully lower the cauliflower into the pan, cover and cook for 3 mins. Remove from the pan and leave to steam-dry for 5-10 mins. Pat any excess water off with a sheet of kitchen paper.

2 Heat the air fryer to 180C. Combine the oil, herbs, paprika, garlic granules and a good pinch each of salt and pepper. Put the cauliflower in the air fryer basket. Brush all over with the oil mixture, making sure to cover the bottom, too. Pour over any excess.

3 Roast in the air fryer for 20-30 mins, basting twice, until golden and crisp in places and tender through to its middle. Meanwhile, mix together the lemon juice, yogurt and a pinch each of salt and pepper. Drizzle the roasted cauliflower with the yogurt sauce and scatter with the parsley and pomegranate seeds. Carve into wedges or slices and serve.

PER SERVING 120 kcals • fat 8g • saturates 1g • carbs 7g • sugars 5g • fibre 2g • protein 5g • salt 0.2g

Kolhapuri spit chicken

Serve this tasty spiced chicken with black pepper and garlic roasted sweet potatoes (see recipe, right).

SERVES 4 **PREP** 15 mins plus 4 hrs marinating and resting
COOK 1 hr 5 mins **EASY**

1 whole chicken (about 1.4kg)
50ml rapeseed oil
100g strained yogurt
lime wedges, to serve

For the marinade
1 tbsp garlic paste
1 tbsp ginger paste
½ tsp turmeric
1 tsp chilli powder
1 lime, juiced

For the kolhapuri spice mix
2 tbsp vegetable oil, for frying
1 small whole dried red chili
1 tsp cumin seeds
1 tsp black peppercorns
½ small cinnamon stick
1 tsp coriander seeds
1 tsp mace
1 tsp whole cloves
1 black cardamom pod, seeds removed
1 tsp caraway seeds
1 bay leaf
1 small star anise
½ tsp grated nutmeg
2 green cardamom pods, seeds removed
½ tsp Szechuan peppercorns

1 Mix all the marinade ingredients with 1 tsp salt, rub all over the chicken to cover, then chill for at least 4 hrs, or up to 24 hrs.
2 To make the spice mix, heat the vegetable oil in a pan over a medium heat and tip in all the spices. Fry for 3-5 mins until they smell toasted, then drain through a sieve and cool, discarding the oil. Grind to a fine powder using a pestle and mortar, and keep in an airtight jar.
3 Heat the air fryer to 180C. Pat the chicken dry with kitchen paper, removing the excess marinade. Mix the rapeseed oil, yogurt and jar of spice mix together (don't worry if the mix splits a little), then rub over the chicken and under the skin.
4 Put the chicken, breast-side down, in the air fryer basket and cook for 40 mins. Flip the chicken over and baste. Turn the temperature up to 200C and air fry for 10-20 mins more, until the juices run clear when the thigh is pierced with a skewer.
5 Remove from the air fryer, cover with foil and leave to stand for 10 mins before serving. Drizzle with pan juices and serve with lime wedges and sweet potato wedges (see recipe, right).

PER SERVING 562 kcals • fat 41g • saturates 8g • carbs 3g • sugars 2g • fibre 1g • protein 47g • salt 1.7g

Black pepper & garlic roasted sweet potatoes

SERVES 4 as a side **PREP** 10 mins
COOK 40 mins **EASY** **V**

1 small green chilli, finely chopped
2 tbsp fresh or dried curry leaves, roughly chopped
4 garlic cloves, crushed
3 tbsp olive oil
1 lime, juiced
1kg sweet potatoes, scrubbed and cut into wedges
½ small bunch of coriander, stalks and leaves separated and roughly chopped

1 Mix all the ingredients, except the coriander leaves, together in a large bowl with 1 tsp salt and 2 tsp black pepper. Heat the air fryer to 200C.
2 Arrange the potatoes, skin-side down, in the air fryer basket and bake for 18-20 mins until soft inside and crisp on the outside (you may need to do this in batches). Season and serve scattered with the coriander leaves.

PER SERVING 320 kcals • fat 9g • saturates 2g • carbs 51g • sugars 26g • fibre 9g • protein 4g • salt 1.4g

Christmas chicken & sticky vegetables

Enjoy an energy- and cost-efficient lunch – spatchcocking the chicken speeds up the cooking time but the result is still succulent. This recipe needs a large air fryer basket to cook the chicken and vegetables together, but they can be cooked separately if your air fryer is small or you have a fryer with two baskets.

SERVES 8 **PREP** 30 mins
COOK 1 hr **MORE EFFORT**

2.4kg whole chicken
1kg carrots, trimmed and halved lengthways
750g parsnips, peeled and quartered lengthways
½ orange
50g unsalted butter, softened
600g brussels sprouts, halved
1 tsp honey

1 Flip over the chicken so it is breast-side down and the backbone is facing you. Using kitchen scissors, cut down both sides of the backbone, remove it and discard. Turn the chicken over so it's breast-side up and push down firmly on the breastbone to flatten the bird. If you have time, season the chicken all over with salt, then cover and chill for 24 hrs. Remove from the fridge 2 hrs before cooking. Alternatively, you can skip this step and move on to step two.

2 If your air fryer is large enough to cook the chicken and vegetables together, heat it to 180C. Tip the carrots and parsnips into the air fryer basket. Squeeze some of the orange juice over the vegetables, then toss with half the butter, plenty of black pepper and a little salt. Sit the chicken on top of the vegetables, then squeeze over the rest of the orange. Tear up the squeezed orange half and nestle it in the vegetables. Spread the rest of the butter all over the chicken and air fry for 30 mins until the chicken is starting to brown, then lift the chicken onto a board, toss the sprouts into the vegetables, drizzle over the honey and sit the chicken back on top. Roast for 15-20 mins until the chicken skin is crisp and the meat is cooked through. Lift the chicken to a board and leave to rest for 10-15 mins. Stir the vegetables and roast for another 10 mins until lightly caramelised and tender.

3 If cooking the vegetables and chicken separately, heat the air fryer to 180C. Rub half the butter over the chicken, put skin-side down in the air fryer basket and squeeze over half the orange. Cook for 30 mins, turn the chicken over and cook for a further 10-20 mins until a temperature probe reaches 70C. Remove the chicken and rest on a board. Meanwhile heat the air fryer to 200C. Toss the carrots and parsnips with a squeeze of orange juice, the remaining butter and seasoning. Air fry in the basket for 20 mins. Add the sprouts, drizzle with the honey, shake well and roast for a further 10-15 mins.

4 Carve the chicken into 12 pieces. Arrange on a platter with the vegetables or plate up to serve.

PER SERVING 594 kcals • fat 30g • saturates 10g • carbs 24g • sugars 17g • fibre 13g • protein 51g • salt 0.6g

Guinea fowl crown with leg 'shepherd's pie'

Air fry a guinea fowl crown while using the leg for a new take on shepherd's pie. You could eat the dishes together, or freeze one to enjoy later.

SERVES 2 **PREP** 20 mins
COOK 1 hr 40 mins **EASY** ❄

vegetable oil, for frying
1 small guinea fowl, legs removed and reserved for the pie
½ bunch of thyme
1 or 2 clementines, halved
For the pie
3 tbsp butter
2 guinea fowl legs
100g bacon lardons
8 baby onions or small shallots, halved
2 carrots, chopped
1 bay leaf
2 tsp plain flour
150ml red wine (optional)
500ml chicken stock
handful of cavolo nero leaves or 4 brussels sprouts, shredded
2 large floury potatoes, peeled and quartered
75ml whole milk

1 To make the pie, heat 1 tbsp of the butter in a casserole dish or shallow saucepan. Season and fry the guinea fowl legs for 10 mins until browned. Transfer to a plate and set aside, then tip the bacon in the pan and fry for a few minutes until just starting to crisp. Scatter in the onions, carrots and bay leaf and cook for 5 mins more until softened, adding a bit more butter if needed. Stir in the flour and wine, if using, and boil for 30 seconds. Gradually pour in the stock, stirring constantly, and return to the boil.

2 Return the legs to the pan, season generously, reduce the heat and simmer gently for 50 mins until the meat is tender and falling off the bone. If the stock doesn't cover the legs completely, turn them over halfway through cooking. Transfer the legs to a plate and leave to cool, then stir in the cavolo nero, simmer for 1 min more and turn off the heat. When the legs are cool enough to handle, shred the meat off the bone and stir back into the sauce. Tip everything into a pie dish.

3 Boil the potatoes in a pan of salted water for 10 mins until tender, then drain and mash with the milk, most of the remaining butter and some seasoning. Top the pie with the mash and then set aside. *Will keep chilled for up to two days.*

4 Heat the air fryer to 180C. Heat some oil in a frying pan and brown the crown, skin-side down. Turn using tongs and put the thyme in the cavity of the crown. Transfer the crown to the air fryer basket then add the clementines cut-side down. Dot the pie with the remaining butter. If there is room in the air fryer basket, cook the shepherd's pie next to the guinea fowl. Air fry the crown for 25-35 mins or until it reaches 60C on a cooking thermometer, then remove from the oven and leave to rest for 10 mins. Remove the pie when it is bubbling and golden. Serve the pie on a board with the crown and the caramelised clementine halves for squeezing over.

PER SERVING 1148 kcals • fat 54g • saturates 22g • carbs 56g • sugars 15g • fibre 11g • protein 103g • salt 3.9g

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SIDES SHOW

Take your pick of these crisp and golden trimmings that put a twist on the traditional

Garlic, honey & thyme pigs in blankets

Make this Christmas classic as a side or serve as retro canapés – use 24 cocktail sausages and cut the bacon rashers in half before wrapping.

SERVES 8 **PREP** 5 mins
COOK 20 mins **EASY**

12 smoked streaky bacon rashers
12 chipolatas
80g honey
1 tsp wholegrain mustard
1 large garlic clove, grated
5 thyme sprigs, leaves picked and finely chopped

1 Wrap each bacon rasher around a chipolata. Heat the air fryer to 180C. Put the chipolatas in the air fryer basket with a little space between each one. Cook for 10 mins.

2 Pour the honey into a small saucepan over a low heat until just bubbling, then stir in the mustard, garlic, thyme and some salt and pepper. Brush most of the honey over the sausages and put in the air fryer for another 5-10 mins until cooked through, golden and sticky. Drizzle over a little more of the flavoured honey and serve.

PER SERVING 212 kcals • fat 14g • saturates 5g • carbs 9g • sugars 8g • fibre 1g • protein 12g • salt 1.9g

Kale, leek, cheddar & goat's cheese gratin

Mixing goat's cheese with cheddar adds a lovely depth of flavour without being overpowering.

SERVES 8 **PREP** 20 mins
COOK 50 mins **EASY** V

1 tbsp vegetable or sunflower oil
2 leeks (around 400g), sliced
200g kale or cavolo nero, shredded
2 tbsp butter
3 tbsp plain flour
250ml double cream
150ml milk
100g cheddar or vegetarian alternative, grated
100g hard goat's cheese or vegetarian alternative, grated

1 Heat the oil in a frying pan or large saucepan over a medium heat and fry the leeks with a pinch of salt for 5-6 mins until softened and beginning to brown. Add the kale and cook for a few minutes more until wilted. Remove and set aside.
2 In the same pan or a medium saucepan, tip in the butter and, once melted, stir in the flour to make a thick paste. Stir in the double cream and mix until smooth, then pour in the milk (you can whisk it if it's a little lumpy). Once you have a smooth sauce, leave to simmer for a couple of minutes, then remove from the heat and stir in both cheeses until melted.
3 Mix the leeks and kale into the cheese sauce, then tip into an ovenproof dish that will fit in the air fryer basket (we used a round 23cm dish). Bake at 180C for 15-25 mins until simmering and golden on top.

PER SERVING 350 kcals • fat 30g • saturates 18g • carbs 9g • sugars 3g • fibre 3g • protein 9g • salt 0.5g

Mini maple & mustard pigs in blankets

If you can't find cocktail sausages, use chipolatas instead and cut each one into three pieces.

SERVES 6 **PREP** 15 mins
COOK 15 mins **EASY**

12 smoked streaky bacon rashers
24 cocktail sausages
2 tbsp maple syrup
1 tbsp wholegrain mustard

1 Stretch the bacon out by putting the rashers on a chopping board and running the back of a knife along the length of each. Cut each rasher in half to make 24 shorter rashers and wrap one around each sausage. *Will keep chilled and covered for two days.*

2 Heat the air fryer to 180C. Arrange the pigs in blankets in a single layer in the air fryer basket. Mix the maple syrup and mustard in a small bowl. Air fry the pigs in blankets for 10 mins, then turn and brush all over with the maple-mustard mixture. Return to the air fryer for 5 mins until sticky, then serve.

PER SERVING 316 kcals • fat 24g • saturates 8g • carbs 9g • sugars 5g • fibre 1g • protein 16g • salt 2.4g

Smoky paprika & herb roast potatoes

Elevate your roasties with a punch of smoky heat and herby flavour. Drizzle with oil when turning for golden crunchy texture.

SERVES 6 **PREP** 20 mins plus cooling
COOK 1 hr 10 mins **EASY V**

2½kg Maris Piper or King Edward potatoes, peeled and halved or quartered if large
4 tbsp sunflower or vegetable oil, plus extra for drizzling
½ tsp smoked paprika
1 tbsp thyme leaves

1 Tip the potatoes into a pan of cold, salted water. Bring to the boil, then reduce to a simmer and cook for 7-8 mins until just cooked through. Drain and leave to cool. *Will keep chilled and covered for two days.*

2 Heat the air fryer to 190C. Toss the cooled potatoes with the oil so they are well coated. Put the potatoes in the air fryer basket and cook for 30 mins. If the air fryer has a paddle attachment, use this to turn the potatoes so they cook evenly. If not, turn the potatoes every 10 mins.

3 Scatter the paprika and thyme over the potatoes, turning them so they are evenly seasoned, and drizzle with a little more oil. Air fry for another 10-15 mins until tender and golden. If they are still pale, return to the air fryer and check them at 10-min intervals. Tip into a serving dish, season with sea salt and serve.

PER SERVING 359 kcals • fat 8g • saturates 1g • carbs 63g • sugars 3g • fibre 6g • protein 7g • salt none

Pigs-in-blankets Christmas stuffing balls

Treat yourself with these moreish stuffing balls. The sausagemeat and bacon add the 'pigs in blankets' flavour, while cranberries make them extra festive.

SERVES 6 **PREP** 20 mins plus cooling
COOK 25 mins **EASY**

85g pack sage and onion stuffing mix
300g sausagemeat
90g cooked chestnuts, chopped
50g dried cranberries
12 smoked streaky bacon rashers or pancetta
vegetable oil, for the tray

1 Put the stuffing mix in a bowl and pour over 150ml boiling water. Leave the mix to cool and absorb the water. When cool, tip in the sausagemeat, cooked chestnuts and dried cranberries and bring everything together with your hands. Cut each rasher of bacon in half lengthways so you get 24 long strips of bacon.

2 Cross two bacon strips, then roll a walnut-sized ball of the stuffing mix and sit it on the cross. Wrap the stuffing in the bacon and sit on a lightly oiled baking tray that will fit in your air fryer, cross-side up. Repeat to make 12 stuffing balls. *Can be made up to two days ahead and chilled.* Heat the air fryer to 180C and roast the stuffing balls for 15-25 mins until the bacon is crisp and the stuffing cooked.

PER SERVING 275 kcals • fat 17g • saturates 6g • carbs 18g • sugars 6g • fibre 2g • protein 11g • salt 1.7g

Fruit & nut stuffing

Use shop-bought stuffing and a fruit-and-nut snack pack for this easy recipe. You could also roll the mix into 12-18 balls rather than make a traybake if you prefer.

SERVES 6 **PREP** 10 mins
COOK 30 mins **EASY**

- 170g sage and onion stuffing mix
- 3 pork sausages
- 200g dried fruit and nut snack mix, chopped
- 1 apple, peeled and grated
- vegetable oil, for the tin

1 Put the stuffing mix in a large heatproof bowl and pour over 400ml boiling water from the kettle. Stir and leave to stand for a few minutes until the mixture has absorbed all the liquid and cooled slightly. Squeeze the sausagemeat from the skins into the bowl of stuffing, then add the fruit and nut mix and grated apple. Scrunch everything together using your hands until evenly mixed.

2 Oil a shallow roasting tin that will fit in the air fryer basket and spread the stuffing into the base. Rough up the surface using a fork. Heat the air fryer to 180C and cook the stuffing for 30 mins until golden on top. Serve straightaway or leave to cool until needed and reheat in the air fryer for 15-20 mins at 180C.

PER SERVING 322 kcals • fat 16g • saturates 4g • carbs 34g • sugars 13g • fibre 4g • protein 10g • salt 1.2g

Honeyed hasselback carrots

Cook carrots using the hasselback method to add visual flair to your Christmas table. It also means the wonderful garlicky glaze reaches all the way through the vegetable.

SERVES 6 **PREP** 20 mins
COOK 30 mins **EASY** V

10 large carrots, halved
olive oil, to drizzle
2 tbsp honey
1 tbsp rosemary leaves
1 orange, clementine or tangerine, zested and juiced
2 garlic cloves, finely chopped

1 Working with one carrot at a time, lay between the handles of two wooden spoons (to stop you cutting all the way through), then make deep cuts along the length about 5mm apart. Heat the air fryer to 180C. Arrange the carrots in the air fryer basket cut-side up. Drizzle over a little oil. Cook the carrots for 20 mins.

2 Meanwhile, mix the honey, rosemary, citrus zest and juice and garlic. Drizzle over the carrots and air fry for another 5-10 mins until tender and caramelised. Serve straightaway or leave to cool and reheat in the microwave when needed.

PER SERVING 100 kcals • fat 0.7g • saturates .2g • carbs 19g • sugars 18g • fibre 7g • protein 1g • salt 0.1g

Roasted parsnips with salted honey almonds

Baby parsnips are more tender than the regular variety and taste delicious in this dish. Swap the honey for maple syrup to make it vegan.

SERVES 8 **PREP** 5 mins
COOK 45 mins **EASY** V

600g baby or regular parsnips (no need to peel them)
2 tsp olive oil
50g honey or maple syrup
50g toasted almonds

1 If the parsnip tips are bruised or discoloured, cut them off at a point, and halve any larger parsnips through the centre. Tip into a large pan, cover with water and season with salt. Boil for 5 mins, then remove and drain well.

2 Heat the air fryer to 180C. Tip the parsnips into the air fryer basket, drizzle with the olive oil and season well. Roast for 25 mins, turning the parsnips after 10 mins of cooking.

3 Toss the parsnips, drizzle with the honey and sprinkle over the almonds. Roast for another 10-20 mins, tossing after 7 mins, until sticky and caramelised. Sprinkle with sea salt before serving.

PER SERVING 157 kcals • fat 7g • saturates 1g • carbs 17g • sugars 11g • fibre 6g • protein 4g • salt 0.1g

Triple-cooked roast potatoes

These potatoes can be prepped and frozen ahead to save you time.

SERVES 6 **PREP** 20 mins
COOK 1 hr 20 mins **EASY** ❄

1½ kg Maris Piper or King Edward potatoes
5 tbsp beef dripping, goose fat or vegetable oil
2 tbsp semolina or plain flour

1 Peel the potatoes and cut into 5cm chunks. Or, for larger potatoes, quarter them. Cook in a large pan of boiling salted water for 6-8 mins until the outside of the potatoes start to soften. Drain well, then leave to steam-dry for a few minutes.
2 Heat the dripping in a small saucepan. Heat the air fryer to 190C. Return the potatoes to the pan they were boiled in. Sprinkle over the semolina, cover with the lid and shake well to fluff up the potatoes. Pour over the hot fat and shake gently to coat.
3 Cook the potatoes in the air fryer basket for 20 mins. Remove the basket and turn the potatoes over with tongs. Air fry for another 10 mins until golden and crisp. If the potatoes are not quite golden, return to the fryer for another 10 mins. Transfer to a plate using a slotted spoon and leave to cool completely. *Will keep frozen for up to three months. Leave to cool first, then put in a freezerproof container.*
4 When ready to serve, heat the air fryer to 190C, then arrange the frozen potatoes in a single layer in the basket. Cook for 20-30 mins, turning twice. The potatoes are ready when they are piping hot through to their middles.

PER SERVING 402 kcals • fat 13g • saturates 5g • carbs 62g • sugars 3g • fibre 6g • protein 7g • salt none

Roasted carrots with toasted coriander seed butter

SERVES 6-8 **PREP** 10 mins plus cooling
COOK 30 mins **EASY** V ❄

600g baby carrots (use rainbow carrots, if you can get them), unpeeled
2 tsp olive oil
1 tbsp coriander seeds
1 clementine or ½ orange, zested
small bunch of parsley, chopped
150g softened butter

1 Cut any damaged ends off the carrots and tip into the air fryer basket. Drizzle over the oil and season with salt, then air fry for 25-30 mins, tossing halfway through cooking until tender and lightly browned.
2 Toast the coriander seeds in a dry frying pan, then grind using a pestle and mortar but don't break them down too much – the carrots benefit from some added texture. Leave to cool.
3 Mix the crushed coriander seeds, citrus zest and parsley into the butter. Pile the flavoured butter onto a piece of baking parchment and roll into a cracker shape, twisting the ends. *Will keep chilled for up to three days, or frozen for three months.*
4 Serve the carrots with a few slices of the flavoured butter on top, and grind over some black pepper. Keep the rest in the fridge or freezer for another day.

PER SERVING 90 kcals • fat 7g • saturates 4g • carbs 4g • sugars 4g • fibre 3g • protein 1g • salt 0.2g

Sourdough, sausage & sage stuffing

SERVES 6 **PREP** 10 mins
COOK 50 mins **EASY**

1 small loaf of sourdough (about 250g), cut or torn into chunks
3 tbsp olive oil
25g butter
1 onion, roughly chopped
1 apple, peeled, cored and coarsely grated
400g sausagemeat
2 eggs, beaten
8 sage leaves, finely chopped

1 Heat the air fryer to 190C. Put the bread in the air fryer basket and drizzle with 2 tbsp of the oil. Bake for 5-7 mins until dry and crisp. Tip into a heatproof bowl.
2 Heat the remaining oil and the butter in a large frying pan over a medium heat, and fry the onion for 8-10 mins until soft and beginning to brown. Tip in the grated apple and cook for a further 5 mins until the apple begins to soften. Remove from the heat and add to the bowl with the bread.
3 Add the sausagemeat along with the eggs and sage, season well and mix to combine. Press the mixture into a small roasting tin that will fit in your air fryer basket (ours was 13 x 19cm) and bake for 25-30 mins at 180C until golden and cooked through. *Will keep chilled for up to three days. Leave to cool completely first.*

PER SERVING 442 kcals • fat 28g • saturates 10g • carbs 30g • sugars 6g • fibre 4g • protein 15g • salt 1.6g

Crispy skin roasties

Try skin-on roasties – not only do they dramatically cut down the prep time, but it makes them more filling with a deeper baked potato flavour.

SERVES 4 **PREP** 10 mins plus 1 hr soaking **COOK** 45 mins **EASY** V

1kg Maris Piper potatoes, unpeeled
2 tsp sunflower oil

1 Chop the potatoes into walnut-sized chunks and tip into a large pan of cold, salted water. Soak for 1 hr then drain and rinse. Pat dry with kitchen paper and tip into a bowl with the oil. Toss to coat. Arrange the potatoes in a single layer in the air fryer basket (you may need to do this in batches) and cook on 180C for 20 mins. Turn or shake the potatoes, then cook for 10 mins more. Check the potatoes – if you want them crispier, cook for a further 10-15 mins, checking them every 5 mins.

2 You will get a better result if you cook in a single layer, but cooking in batches uses more energy – you can cook the potatoes in more than one layer, but you'll need to cook them for longer to ensure they're crisp. Keep moving them every 10 mins to achieve this. Remove the potatoes from the basket as soon as they're ready so the skin doesn't soften in the steam.

PER SERVING 281 kcals • fat 10g • saturates 1g • carbs 42g • sugars 2g • fibre 5g • protein 4g • salt none

Veggie pigs in blankets

SERVES 6 **PREP** 10 mins
COOK 15 mins **EASY** V

2 tbsp white miso
2 tbsp honey
2 tbsp vegetable oil
pinch of garlic granules
1 parsnip
360g vegetarian cocktail sausages

1 Mix the miso, honey, oil and garlic granules together with 2 tbsp water. Season with a small pinch each of salt and black pepper.

2 Using a vegetable peeler, peel the parsnip into long, thin strips. Brush both sides of the strips with the miso mixture, and roll one or two tightly around each veggie sausage. Heat the air fryer to to 180C. Arrange in the air fryer basket, reserving the excess glaze. Bake for 15 mins, then brush with the remaining glaze.

PER SERVING 169 kcals • fat 9g • saturates 1g • carbs 14g • sugars 8g • fibre 3g • protein 8g • salt 1.1g

Veggie ‘forcemeat’ balls

This tasty vegetarian take on forcemeat balls uses a mix of veggie suet and breadcrumbs, similar to stuffing balls.

SERVES 4-6 (makes about 14)
PREP 15 mins **COOK** 18 mins **EASY** **V**
❄ uncooked only

240g vegetable suet
240g fresh white breadcrumbs
large bunch of parsley, roughly chopped
2-3 medium eggs
vegetable oil

1 Mix the suet, breadcrumbs, parsley and two eggs in a large bowl. If too dry, add the third egg – when squeezed, the mixture should clump together. Roll into golf-ball-sized balls (you should get about 14) and brush with a little oil. *Will keep chilled and covered for up to 24 hrs or frozen for three months.*

2 Heat the air fryer to 180C. Put the stuffing balls in the air fryer basket and bake for 12-18 mins until golden brown, then serve warm.

PER SERVING 417 kcals • fat 29g • saturates 14g • carbs 30g • sugars 2g • fibre 3g • protein 8g • salt 0.5g

Glaze your gammon for a sparkling finish!

make our
gF
cover recipe

BOXING DAY HAM

Choose between two glorious gammon showstoppers, each using a different type of fizzy pop and a gently spiced glaze

Cola ham

For a gorgeous centrepiece to wow a crowd, try this studded, glazed gammon joint. The cola lends a molasses-style sweetness to balance the saltiness of the meat as well as ensuring it is beautifully succulent.

SERVES 10-12 **PREP** 20 mins plus cooling **COOK** 2-5 hrs 20 mins **EASY**

1.5-1.8kg unsmoked boneless gammon joint
1.75 litres full-fat cola
25 cloves
1 onion, chopped
½ cinnamon stick
1 carrot, chopped

For the glaze

2 tbsp treacle
1 tbsp cider vinegar
2 tbsp Dijon mustard
2 tbsp soft light brown sugar
1 lime, zested

1 Put the gammon in a slow cooker or large stock pot. Pour over the cola and top up with water to cover the joint if needed. Add five cloves, the onion, cinnamon and carrot. If cooking on the hob, bring to a boil, turn to a low simmer, skim off any skum, cover and cook for 2 hrs 30 mins. Top up with water during cooking if you need to. If slow cooking, bring to a simmer, skimming off any foam that rises to the surface, turn the slow cooker to high, and cook for 4-5 hrs until the meat is tender but not falling apart.

2 Lift the ham from the liquid and leave until cool enough to handle. Using a small sharp knife, cut away the skin, leaving a decent layer of fat. Score the fat in a criss-cross pattern, then stud each intersection score with the remaining cloves. Check that your ham fits in the air fryer. You can cut it in half if you have a two-basket air fryer. Line the base with foil and put the ham in the air fryer fat-side up. Scrunch the foil up around the meat to hold the ham in place if you need to.

3 Mix the treacle, vinegar, mustard, sugar and lime zest. Brush half the glaze all over the ham. Cook at 200C for 15-20 mins, basting with the rest of the glaze halfway through. Keep an eye on it for the last few minutes as the sugar can catch quickly. Leave to rest for 10 mins before carving. *Will keep chilled for up to 5 days.*

PER SERVING 398 kcals • fat 22g • saturates 7g • carbs 8g • sugars 7g • fibre none • protein 42g • salt 5.5g

Sticky ginger-glazed ham hocks

By using ham hocks for this recipe, the meat is more affordable and you get a higher ratio of glaze to meat, so it's a definite win-win.

SERVES 6 **PREP** 10 mins
COOK 2 hrs 10 mins plus cooling
EASY ❄

- 2 ham hocks (about 1.6kg each), smoked or unsmoked
- 3 star anise
- 10 black peppercorns
- 2 bay leaves
- 1 orange, thickly sliced
- 750ml ginger beer
- 3 tbsp Dijon mustard
- 75g dark muscovado sugar
- ½ tsp ground allspice
- 3 balls of stem ginger, finely chopped, plus 1 tbsp syrup from the jar
- gherkins or slaw, to serve
- bread and mustard, to serve

1 Put the ham hocks in a large saucepan with the star anise, peppercorns, bay leaves and orange slices, then pour over the ginger beer. If there's not enough liquid to cover the hocks, top up with water until they are submerged. Bring to a simmer, then reduce the heat so only a few bubbles break the surface every now and then. Partially cover with a lid, bring to the boil and cook for 1 hr 30 mins, topping up with water to keep the hocks submerged as needed. When ready, the meat should feel tender but should not fall away from the bone.

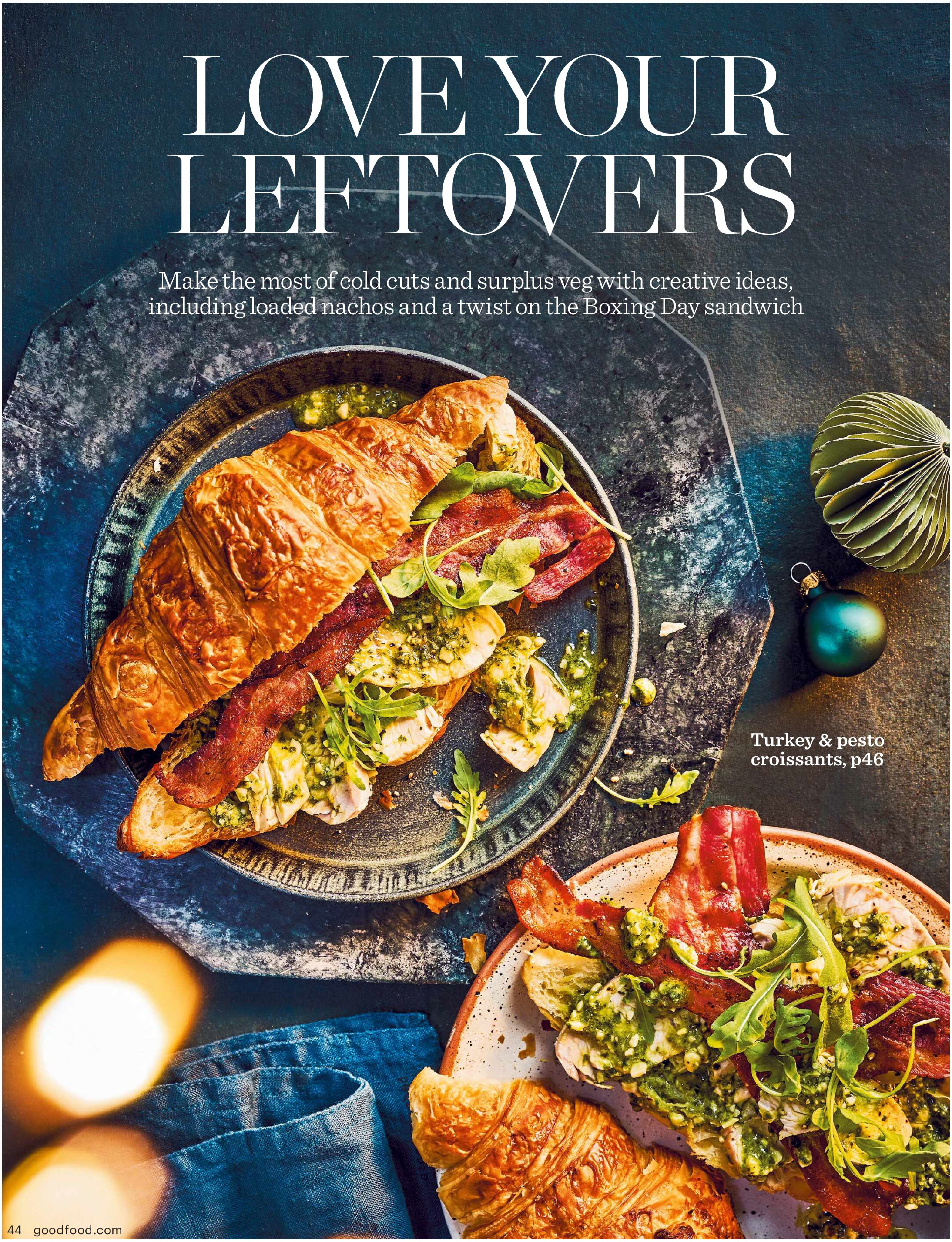
2 Remove the ham hocks from the stock to a board using tongs and leave until cool enough to handle. Combine the mustard, sugar, allspice, stem ginger and ginger syrup in a bowl. When the hocks have cooled slightly, use a sharp knife to cut away the skin, leaving a layer of fat.

3 Heat the air fryer to 180C. Put the ham hocks in the air fryer basket and cook for 15-20 mins until the fat starts to crisp. Brush half the glaze all over the hams then return to the fryer for 10 mins. Brush again and air fry for another 5 mins. The ham hocks should have a thick, sticky crust and the meat should be tender. If not, brush again with the glaze and return to the fryer for another 5 mins. Serve warm or leave to go cold and eat with gherkins or slaw, bread and mustard. *Will keep covered and chilled for up to five days or frozen for three months.*

PER SERVING 629 kcals • fat 34g • saturates 11g • carbs 18g • sugars 18g • fibre .1g • protein 63g • salt 8.8g

LOVE YOUR LEFTOVERS

Make the most of cold cuts and surplus veg with creative ideas, including loaded nachos and a twist on the Boxing Day sandwich



Turkey & pesto croissants, p46

Leftover turkey loaded nachos, p46

Turkey & pesto croissants

Use up leftover turkey in these savoury croissants. Customise with other ingredients you have in the fridge for a great lunch option.

SERVES 2 **PREP** 5 mins
COOK 5 mins **EASY**

2 croissants
100g leftover roast turkey, shredded
1½ tbsp pesto
cooked bacon, mature cheddar, spinach and rocket, or any toppings of your choice

1 Heat the air fryer to 170C. Put the croissants in the basket and cook for 3-5 mins until warmed through.
2 Meanwhile, put the turkey, pesto, a pinch of salt and a few grinds of black pepper in a small bowl and mix well. Slice the croissants in half lengthways. Spoon half the turkey pesto mixture into each croissant and layer any optional extras over the top (we used cooked bacon, cheddar, spinach and rocket), then close and serve.

PER SERVING 363 kcals • fat 19g • saturates 8g • carbs 25g • sugars 4g • fibre 2g • protein 22g • salt 0.8g

Leftover turkey loaded nachos

These turkey nachos are perfect for a relaxed dinner between Christmas and the new year, or eat them on the sofa for a festive movie night.

SERVES 4 **PREP** 15 mins
COOK 10 mins **EASY**

250g leftover roast turkey, shredded
1½ tsp fajita seasoning
½ lime, juiced (optional)
170g lightly salted tortilla chips
200g tomato salsa
150g cheddar, grated
4 spring onions, sliced
150g soured cream
50g pickled jalapeños

1 Heat the air fryer to 200C. Mix the turkey, fajita seasoning and lime juice, if using, in a bowl then set aside. Line the air fryer basket with baking parchment. Arrange half the tortilla chips in the basket. Spoon over half the turkey mixture, half the salsa, half the cheese and half the spring onions. Top with the remaining tortilla chips, then repeat the process using the rest of the turkey mixture, salsa, cheese and spring onions.
2 Cook for 8-10 mins until the cheese is melted, golden and bubbling. Use the sides of the parchment to lift the nachos onto a platter. Spoon over soured cream and jalapeños and serve.

PER SERVING 590 kcals • fat 36g • saturates 15g • carbs 32g • sugars 5g • fibre 3g • protein 33g • salt 2g

Root veg lentil bowl with herb pistou

Give your leftover vegetables a healthy makeover with this meal in a bowl. Packed with lentils, spinach and herbs, it's filling and flavourful.

SERVES 4 **PREP** 30 mins
COOK 30 mins **EASY** **V**

600g leftover root vegetables (carrots and parsnips work well)
1 tbsp rose harissa
3 tbsp rapeseed oil
150g baby spinach
½ small bunch of coriander
½ small bunch of mint
1 small garlic clove
30g mixed nuts, toasted and cooled
1 lemon, zested and juiced
cooked puy lentils, or 2 x 250g pouches

1 Slice the carrots into chunks, or halve lengthways if they are small, and quarter the parsnips lengthways. Toss with the harissa and ½ tbsp oil and

season. Heat the air fryer to 180C. Tip the vegetables into the air fryer basket and roast for 20-25 mins until hot through. Toss the spinach and 1 tbsp water through for the last 5 mins to wilt.

2 Blitz the remaining oil, the coriander, mint, garlic and nuts in a food processor until smooth – add 1 tbsp water if needed. Season and stir in the lemon zest and juice.

3 Warm the lentils through in the microwave or in a pan with a few tablespoons of water, then toss with the roots and spinach. Spoon into bowls, then top with the herb pistou.

PER SERVING 421 kcals • fat 16g • saturates 2g • carbs 43g • sugars 11g • fibre 16g • protein 18g • salt 1.5g

Red cabbage, cauliflower & coconut dhal

Use up your leftover red cabbage and cauliflower to make this easy dhal with coconut. It's satisfying, healthy and full of nutrients.

SERVES 4 **PREP** 20 mins
COOK 1 hr 15 mins **EASY** **V**

1 small cauliflower, broken into small florets
2 tbsp rapeseed oil
1 onion, finely chopped
200g red cabbage, sliced
thumb-sized piece of ginger, peeled and grated
2 garlic cloves, crushed
½ tsp chilli powder
½ tsp turmeric
1 tsp garam masala
1 tsp black mustard seeds
small handful of curry leaves
300g split red lentils
1.25 litres hot low-salt vegetable stock
1 lime, juiced
2 tbsp coconut flakes, toasted
coriander leaves and chopped chilli, to serve (optional)

1 Heat the air fryer to 200C. Toss the cauliflower with 1 tbsp of the oil and some seasoning. Tip into the air fryer basket and cook for 20-25 mins, turning with a spatula halfway through. The cauliflower is cooked when golden at the edges and tender.

2 Heat the remaining oil in a large saucepan and tip in the onion and cabbage. Fry gently over a medium heat for 10 mins. Add the ginger, garlic, spices and curry leaves and fry for 2 mins. Stir through the lentils and most of the cauliflower. Pour over the stock, bring to the boil, lower to a simmer and cook uncovered for 40 mins. Stir through the lime juice and season to taste. Ladle into bowls and then top with the remaining cauliflower, the toasted coconut, coriander and chilli, if using.

PER SERVING 421 kcals • fat 12g • saturates 5g • carbs 50g • sugars 9g • fibre 10g • protein 22g • salt 0.6g

BUFFET NIBBLES

Whip up fuss-free canapés and prep-ahead snacks to serve with drinks

Mushroom croque monsieur rolls, p50

Gluten-free sausage roll wreath

Make sure there's something for everyone at the party. While this pastry wreath is gluten-free, guests won't be able to tell the difference.

MAKES 10 **PREP** 15 mins
COOK 30 mins **EASY**

- 6 gluten-free pork sausages
- ½ tsp mixed spice
- 280g free-from ready rolled puff pastry
- 2 tbsp red onion chutney, plus more to serve
- 1 egg, beaten, to glaze
- mustard and pickles, to serve (optional)

1 Squeeze the sausagemeat from their skins into a bowl. Season with salt and pepper and sprinkle over the mixed spice. Mix well by hand.

2 Unravel the puff pastry onto some baking parchment on your work surface. Spread the chutney in a thin layer all over the pastry. Spread the sausagemeat on top, covering the whole surface. Pat and press the meat into the pastry with your palms to make a thin, even layer.

3 Working with the long side closest to you, roll the pastry up, leaving the parchment sheet behind, to create a long, thin sausage spiral. Cut into 3cm sections – you should have about 10. Press the ends into the edges to neaten, if you like. Line the air fryer basket with baking parchment. Put the pin wheels in the basket, cut-side up, to form a wreath shape, leaving a 5mm gap between the rolls to allow for them to puff up.

4 Brush the beaten egg over the tops and sides of the rolls, then cook in the air fryer at 200C for 25-30 mins until the pastry is golden and crisp and the sausage is cooked through. Leave to cool slightly and transfer to a board or serving plate with more red onion chutney, or mustard and pickles.

PER SERVING 231 kcals • fat 15g • saturates 6g • carbs 17g • sugars 3g • fibre 2g • protein 6g • salt 0.7g

Mushroom croque monsieur rolls

These croque monsieur bites are a creamy, cheesy party treat, but they could also be served for brunch. If you're not keen on mushrooms, simply leave them out for the classic cheese and ham combo. Plus, if you want to get ahead, they keep frozen for up to three months.

SERVES 8 **PREP** 15 mins plus 15 mins cooling **COOK** 45 mins **EASY** ❄

25g butter
25g plain flour
250ml whole milk
1 tbsp wholegrain mustard
1 bay leaf
grating of nutmeg
2 tbsp olive oil
300g closed-cup mushrooms, finely sliced
few thyme sprigs, leaves picked
320g puff pastry sheet
60g gruyère, finely grated
100g smoked ham slices, roughly torn
1 egg, beaten

1 Start by making a béchamel sauce. Heat the butter in a saucepan over a medium heat until melted and foaming, then stir in the flour and cook for 2-3 mins, stirring well until the flour has darkened slightly. Pour in the milk, a splash at a time, whisking well after each addition. Bring to a simmer and stir in the mustard, bay leaf and nutmeg. Bubble gently, stirring occasionally, for 5-7 mins until thickened and reduced. Season to taste, then set aside and leave to cool to room temperature.

2 Heat the oil in a frying pan over a medium-high heat. Stir in the mushrooms and thyme and fry for 5-7 mins until golden all over. Tip out onto a plate and spread out to cool to room temperature.

3 If you're prepping ahead, line a freezerproof container with baking parchment. Unroll the pastry sheet and spread over the cooled béchamel sauce, leaving a 3cm border on the longest side furthest away from you. Scatter over the cooled mushrooms and gruyère, and arrange the ham slices on top, leaving the border free. Brush the border with a little water. Starting from the long end closest to you, roll up tightly, using the parchment to help, pressing with your fingers to seal. Cut into eight even pieces and stuff in any bits that fall out. Arrange the unbaked scrolls in a single layer in the prepared container. *Will keep frozen for up to three months.*

4 Line the air fryer basket with baking parchment. Put four of the rolls in the air fryer basket well spaced apart. Generously brush the sides and tops of the scrolls with the beaten egg. Cook for 10-15 mins at 180C from fresh or for 15-20 mins from frozen until golden, bubbling and puffed up. Lift out of the air fryer, then cook the remaining four rolls in the basket.

5 Leave the rolls to cool for 15 mins to firm up before serving warm. *Will keep chilled in an airtight container for up to two days.*

PER SERVING 304 kcals • fat 21g • saturates 10g • carbs 17g • sugars 2g • fibre 2g • protein 10g • salt 0.9g

Christmas tree pizza tart

Bring a touch of festive fun to your party with our tree-shaped pizza made with shop-bought pastry. Choose your own toppings, such as pancetta, chopped chipolatas and pesto.

SERVES 4 **PREP** 15 mins **COOK** 25 mins **EASY**

320g sheet ready-rolled puff pastry
60g tomato-based pizza or pasta sauce
100g grated mozzarella
toppings of your choice (we used pancetta, chopped chipolatas and finely chopped red onion)
3 tbsp pesto

1 Unroll the pastry and use a small, sharp knife to cut out a large Christmas tree shape that will fit in your air fryer basket, reserving any offcuts. Line the air fryer basket with baking parchment then carefully lift the pastry tree into the basket.

2 Spread over the tomato sauce, pushing it right to the edges. Sprinkle over the cheese and any toppings. Spread the pesto over the pastry offcuts and cut most of these into 1cm-wide strips using a pizza cutter. Twist and arrange over the tree to make 'tinsel'. Stamp out stars or other shapes from any remaining offcuts, then use to decorate the tree or bake alongside it.

3 Air fry at 200C for 20-25 mins (removing any shapes baked alongside after 15 mins) until the pastry is puffed up and golden and the cheese has melted. Serve straightaway.

PER SERVING 525 kcals • fat 37g • saturates 16g • carbs 31g • sugars 5g • fibre 4g • protein 13g • salt 1.7g

Smashed jerusalem artichoke with smoky feta & red pepper dip

These moreish, crispy little bites are perfect served in a dinner party spread. It's a great way of making the most of jerusalem artichokes.

SERVES 6 **PREP** 20 mins
COOK 45 mins **EASY** **V**

- 1kg jerusalem artichokes
- 2 tbsp olive oil
- 4 garlic cloves, unpeeled
- 1 tbsp capers
- small bunch of dill, to serve

For the pepper dip

- 250g roasted red peppers from a jar
- 1 tsp smoked paprika
- 200g feta or vegetarian alternative
- ½ lemon, zested and juiced
- 2 tbsp extra virgin olive oil

1 Tip the artichokes into a pan and cover with cold water. Season the water with salt and bring to a boil over a medium heat. Cook for 10 mins until a knife can easily pierce the skin, then drain and steam-dry in the colander for 5 mins. Toss in 1 tbsp olive oil and some seasoning.

2 Heat the air fryer to 180C. Tip the artichokes onto a board or tray. Use the base of a glass to lightly squash them, cracking open the skin to to create lots of crispy bits as it cooks. Put in the air fryer basket and toss with the garlic and remaining olive oil and cook for 15 mins, tossing once.

3 Remove the garlic from the basket and tip in the capers. Return to the oven for another 15-20 mins until the artichokes are crisp and golden.

4 Meanwhile, make the dip by blitzing the peppers, paprika, feta, lemon zest and juice and the extra virgin olive oil in a food processor. Squeeze the garlic cloves from their skins, add to the mixture and blend again. Check the seasoning and adjust if you like – the feta will be salty, so you may not need to add any extra salt.

5 Spread the dip over a plate, top with the crispy artichokes and capers, then scatter over the dill.

PER SERVING 239 kcals • fat 14g • saturates 6g • carbs 16g • sugars 4g • fibre 7g • protein 8g • salt 1.4g

Sweetcorn fritters with avocado & crispy chorizo

You can prep and freeze these fritters in advance of your party, but remember to defrost in the fridge overnight, then you can use your air fryer to reheat them. Top with creamy avocado and crispy chorizo.

MAKES 28 **PREP** 20 mins
COOK 20 mins plus 15 mins reheating
EASY ❄

400g can sweetcorn, drained
4 spring onions, finely chopped
4 heaped tbsp plain flour
4 eggs, beaten
2 tsp paprika (smoked or sweet)
5 tbsp milk
1 tbsp vegetable oil, plus a drizzle
130g chorizo, cut into 1cm cubes
finely sliced chives, to serve

For the avocado
1 large ripe avocado, peeled, stoned and mashed
1 tbsp finely chopped coriander leaves
½ lime, juiced
1 tbsp olive oil
pinch of chilli flakes (optional)

1 Mix the sweetcorn, spring onions, flour, eggs, paprika and milk in a large bowl with some seasoning.

2 Heat the oil in a large frying pan over a medium heat. Spoon 1 tbsp of the batter into the pan to make a mini fritter (you should be able to fit three or four in the pan at a time, depending on the size of the pan) and cook for 4-5 mins, turning halfway through, until golden. Remove to a plate lined with kitchen paper and repeat with the rest of the batter. You should make about 28 fritters. *To freeze, leave to cool completely, then transfer to a tray and open-freeze until solid. Transfer to a freezer bag and seal. Will keep frozen for up to two months. Defrost in the fridge overnight before using.*

3 Mix the mashed avocado with the coriander, lime juice, oil and chilli flakes, if using, then season to taste. *Will keep frozen in an airtight container for up to two months. Defrost in the fridge overnight before using.*

4 To reheat the fritters, heat the air fryer to 180C. Arrange the fritters in a single layer in the air fryer basket (you may need to do this in batches). Air fry for 3-5 mins, making sure the fritters are hot through.

5 Tip the chorizo into the pan and fry over a medium-high heat until crisp. Top each fritter with a little of the avocado mixture, the chorizo and a sprinkle of chives before serving.

PER SERVING 72 kcals • fat 5g • saturates 1g • carbs 4g • sugars 1g • fibre 1g • protein 3g • salt 0.2g

Jamaican-style veggie patties

You can prepare these spicy patties ahead and freeze them to make more time for socialising, but they're also great for impromptu guests as you can cook them from frozen in 15 mins. Use up any veg you have for the filling.

MAKES 40 mini patties
PREP 25 mins **COOK** 45 mins
EASY V ❄ uncooked only

1 tbsp vegetable oil
1 onion, finely chopped
3 large garlic cloves, crushed
3 tsp mild curry powder
3 tbsp finely sliced chives
2 tbsp chopped thyme leaves
250g mixed diced vegetables (a mixture of sweetcorn, carrots, peas and peppers is great)
100ml vegetable stock
1 tsp brown sugar
1-2 tsp hot pepper sauce (optional)
1 slice of any bread of your choice (about 60g), torn into small pieces
500g block shortcrust pastry
plain flour, for dusting
1 tsp ground turmeric
1 egg, beaten

1 Heat the oil in a deep saucepan over a medium heat and cook the onion with a small pinch of salt for 8-10 mins, stirring regularly, until softened. Add the garlic, 2 tsp of the curry powder and the herbs, and stir for about 30 seconds until fragrant.

2 Add the mixed vegetables, stock, sugar and hot pepper sauce, if using. Turn the heat up to high, bring the mixture to the boil, then reduce the heat to low, cover and simmer for 10 mins. Add the bread, then simmer over a low heat for another 8-10 mins, stirring occasionally, until thickened. Taste for seasoning and leave to cool.

3 Roll the pastry out on a lightly floured surface to a 5mm thickness. Stamp out 16-20 circles (about 8cm in diameter) using a biscuit cutter, then spoon the filling over one half of each pastry circle. Fold the other half of the pastry over to enclose the filling and create a semi-circle then crimp the edge with a fork to seal. *To freeze, put on a baking tray lined with baking parchment and open-freeze until solid. Transfer to a freezer bag and seal. Will keep frozen for up to two months. Defrost in the fridge overnight before using or bake the patties from frozen.*

4 Heat the air fryer to 170C. Whisk the turmeric and remaining curry powder into the beaten egg. Arrange the patties on a baking tray and brush with the turmeric glaze. Cook the patties in a single layer in batches in the air fryer basket for 6-10 mins from fresh or 10-15 mins from frozen. Make sure the patties are piping hot through to the middle and the pastry is golden.

PER SERVING 72 kcals • fat 4g • saturates 2g • carbs 6g • sugars 1g • fibre 1g • protein 1g • salt 0.1g

NATURAL GOODNESS

Nutritionist and food writer **Jenny Tschiesche** shares healthier, unprocessed versions of popular party bites and dips

Padron peppers, p56

Nutritionist Jenny is a content creator and bestselling cookbook author. She runs nutrition workshops across the globe and has worked with athletes and sports people. She also regularly contributes to TV, radio and the national press. *@jennytschiesche*

Chicken tikka, p56

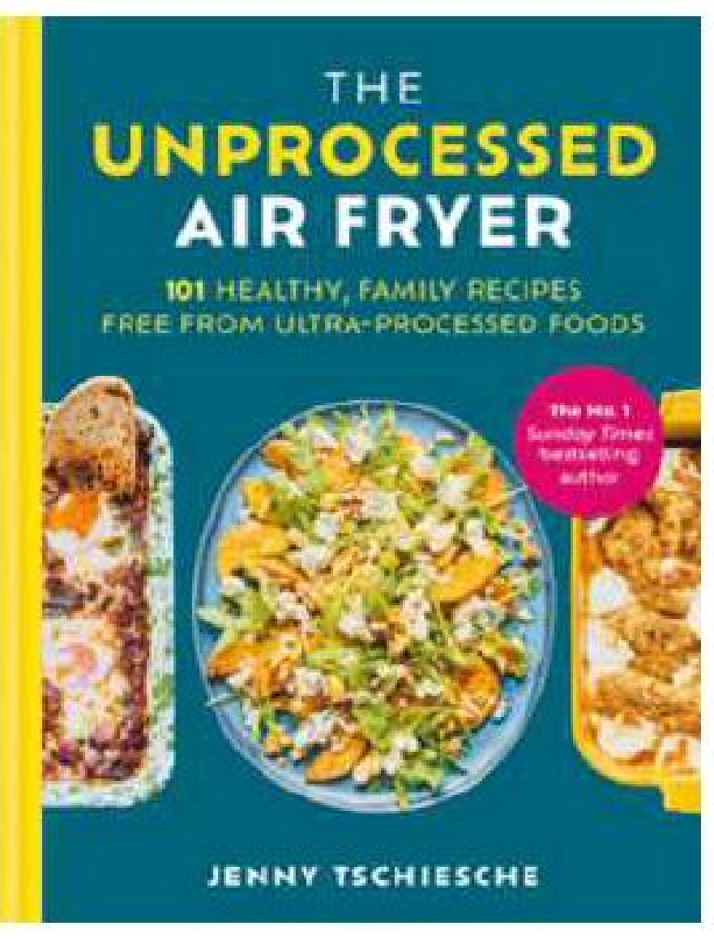
Padron peppers

These salty, blistered peppers are perfect for a healthy snack.

SERVES 2 **PREP** 5 mins
COOK 5 mins **EASY** **V**

250g padron peppers
2 tsp extra virgin olive oil
sea salt flakes, to serve

Heat the air fryer to 200C. Toss the peppers in the olive oil. Place in the air fryer in a single layer, then cook for 5 mins, or until the skins start to blister. Remove from the air fryer, sprinkle over the flaky sea salt, then serve hot.



Recipes are extracted from *The Unprocessed Air Fryer* by Jenny Tschiesche (£20, Hamlyn) and not retested by us. Photographs by Clare Winfield.

Chicken tikka

Packs of ready-to-eat chicken tikka tend to contain starches, stabilisers and even sweeteners. Instead, make your own using a marinade of yogurt, lemon juice, spices and seasoning. The marinade is what gives the texture and flavour you'd expect from succulent chicken tikka, so allow time for those flavours to seep in. The cooking is the quick part.

SERVES 4 **PREP** 20 mins plus 4 hrs chilling **COOK** 14 mins **EASY**

500g boneless, skinless chicken breasts, cut into 3cm cubes
1 tsp melted butter
For the tikka marinade
1 tbsp (peeled) grated fresh root ginger
1 tbsp grated garlic
3 tbsp Greek-style yogurt
1 tsp cayenne pepper
1 tsp paprika
1 tsp ground coriander
1 tsp lemon juice
1½ tsp gram flour
To serve (optional)
Greek-style yogurt
1 red onion, sliced
fresh coriander leaves
UPF-free flatbreads
lemon wedges

1 Combine all the marinade ingredients with ½ tsp salt and ¼ tsp pepper in a large bowl, add the chicken and toss to coat well.
2 Cover and chill in the fridge for at least 4 hrs, or ideally overnight.
3 Heat the air fryer to 180C. Put the chicken pieces in the air fryer in a single layer and brush the tops with melted butter. Cook for 7 mins, then turn over the chicken pieces and brush the other sides with the remaining melted butter. Increase the temperature to 200C and cook for a further 5-7 mins, or until cooked through (if you have a meat thermometer, the internal temperature should be 74C).
4 Serve with some Greek-style yogurt, sliced red onion, coriander leaves, flatbreads and lemon wedges for squeezing over, if you like.

Roasted pepper & walnut dip

Even fresh shop-bought dips tend to have added starches or stabilisers. Making your own, especially when they're as quick and easy as this one, just makes sense.

SERVES 3-4 **PREP** 10 mins plus cooling
COOK 12 mins **EASY** **V**

3 Romano peppers
2 tbsp extra virgin olive oil, plus extra for brushing
50g walnuts
50g fresh breadcrumbs from a rustic loaf
1 tsp ground cumin
2 tsp runny honey
½ small lemon, juiced
handful of pomegranate seeds, to serve

1 Heat the air fryer to 180C. Brush the peppers with a little olive oil, then cook in the air fryer for 10 mins, or until soft. Put the walnuts in a heatproof dish that fits in the air fryer and toast for 2 mins.

2 Remove the stems and seeds from the peppers when cool enough to handle. Grind the toasted walnuts in a food processor to a consistency as close to ground almonds as possible, then add all the other ingredients along with ¼ tsp salt and blitz until smooth. Serve scattered with pomegranate seeds.

Moroccan-style carrot hummus

Most shop-bought hummus contains preservatives. This recipe combines the sweet earthiness of carrots with North African spices.

SERVES 8 **PREP** 15 mins
COOK 20 mins **EASY** **V**

400g carrots, peeled and cut into 2cm batons
2 tbsp olive oil
1 large garlic clove, peeled
2 tbsp tahini
120g canned chickpeas, drained
1 lemon, juiced

For the spice mix
2 tsp extra virgin olive oil
½ tsp ground cumin
½ tsp ground ginger
¼ tsp cayenne pepper
¼ tsp ground allspice
¼ tsp ground coriander
¼ tsp unrefined sugar

1 Heat the air fryer to 180C. Toss the carrots with the spice mix ingredients plus ½ tsp salt in a bowl until well coated. Cook in a single layer in the air fryer for 20 mins, or until they just give when pierced with a fork. Allow to cool a little.

2 Put the carrots in a food processor with the remaining ingredients and season. Blitz until smooth, adding a little water, if needed, to loosen the mixture to your desired texture.

GOLDEN TOUCH

Serve up crispy golden nuggets of joy this Christmas from food writer **Eloise Head** aka Fitwaffle

Festive sausage rolls, p60

Eloise, also known as Fitwaffle, is a bestselling cookbook author with 16 million followers on social media. A personal trainer turned food influencer and baker, she is known for fun, indulgent recipes that are easy to make. *@fitwaffle*

Speculoos magic bars

A buttery speculoos biscuit base, topped with condensed milk, chocolate chips, more speculoos biscuits and melted speculoos spread. These magic bars create such an amazing flavour and texture combo and are so quick and easy to make.

MAKES 9 **PREP** 15 mins plus cooling **COOK** 25 mins **EASY** **V**

125g speculoos biscuits (I use Biscoff), plus 6 extra biscuits, broken into pieces
50g salted butter, melted
200g condensed milk
150g milk and white chocolate chips
2 tbsp speculoos spread (I use Biscoff), melted

1 Line a baking tin with thick baking parchment – this needs to fit inside your air fryer (I use a 15 x 15cm one). Heat the air fryer to 160C.
2 Put 125g speculoos biscuits into a food processor and whizz until finely crushed. Alternatively, put the biscuits into a plastic bag and crush finely with a rolling pin.
3 Tip the crushed biscuits into a medium-sized bowl, then pour in the melted butter and mix together with a spoon until fully combined.
4 Scoop the mixture into your prepared tin and press down firmly with the back of a spoon. Pour over the condensed milk, then sprinkle over the chocolate chips and broken speculoos biscuits and press down with the back of a fork.
5 Air fry for 20-25 mins until the edges are crisp. Leave to cool completely in the tin.
6 Drizzle with the melted speculoos spread, then cut into nine squares and enjoy! *Will keep chilled in an airtight container or at room temperature for up to five days.*

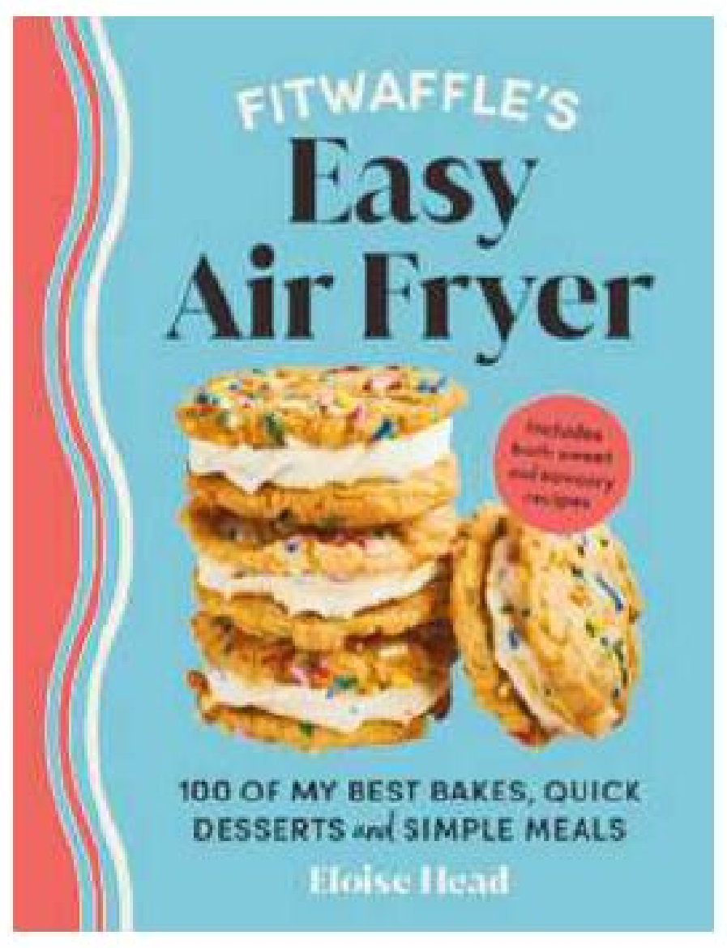
Festive sausage rolls

My great auntie would always make the best sausage rolls. Ready-rolled puff pastry and cheap, skinless sausages. I'm adding cranberry sauce to these as well, because I'm a cranberry sauce fiend. I even eat it in ham sandwiches, but you do you, it's totally optional.

MAKES 8 **PREP** 10 mins plus cooling **COOK** 25 mins **EASY**

1 small egg
1 tsp milk or water
1 sheet ready-rolled puff pastry
8 tbsp cranberry sauce
8 thin skinless sausages

1 To make the egg wash, lightly beat together the egg and milk or water until combined.
2 Unravel your pastry and lay out in a portrait position, then slice into eighths (vertically down the middle, then horizontally into thirds).
3 Dollop 1 tbsp of cranberry sauce at the end of each pastry piece and spread it out. Put a sausage on top and fold the pastry over the sausage. Seal the edges with the back of a fork, then make three to four slits in the top of the pastry.
4 Preheat the air fryer to 180C.
5 Brush the rolls with the egg wash. Place them in the air fryer at least 2.5-5cm apart.
6 Air fry for 20-25 mins, or until they're cooked through.
7 Carefully remove the sausage rolls from the air fryer and leave to cool. Serve warm or cold and enjoy!
8 *Best served fresh on the day, but will keep chilled in an airtight container for up to two days.*



Recipes are extracted from *Fitwaffle's Easy Air Fryer* by Eloise Head (£22, Ebury Press) and not retested by us. Photographs by Faith Mason

Not-gingerbread men

This is for everyone out there who doesn't like gingerbread but still wants to make gingerbread men for Christmas. This chocolate pastry version is so quick and easy to make and is guaranteed to please just about anyone.

MAKES 4 **PREP** 20 mins plus cooling
COOK 12 mins **EASY** **V**

1 sheet ready-rolled puff pastry
4 tbsp chocolate hazelnut spread (I use Nutella)
1 small egg
1 tsp milk or water
granulated sugar, for sprinkling (optional)
icing sugar, for dusting (optional)

1 Unravel the puff pastry and lay out in a landscape position, then spread the chocolate hazelnut spread over one half of the pastry and fold in half so the spread is covered (like you are closing a book).
2 Use a 10cm gingerbread man cookie cutter to cut out four shapes (or more if you can). Seal the edges with the back of a fork and prick the tops.
3 Make the egg wash by beating the egg with the milk in a small bowl, then brush over the top of the pastries. Sprinkle the tops with a little granulated sugar, if you like.
4 Heat the air fryer to 180C.
5 Place a sheet of thick baking parchment in the air fryer, then carefully transfer the shapes onto it at least 3cm apart. Air fry for 10-12 mins until the pastry is crisp and golden brown. You may need to bake them in a few batches, depending on the size of your air fryer.
6 Remove the pastries from the air fryer and leave to cool slightly, then dust with icing sugar, if you like, and they're ready to eat. Best served fresh on the day. Enjoy!

Swap the chocolate hazelnut spread for any spread of your choice to change up the flavour.

Pizza pockets

These pizza pockets are such a fun and easy snack, like mini calzones. They're super-easy to make with just bread, egg and your favourite fillings. Ideal for when you fancy a pizza, but different, y'know.

MAKES 3 **PREP** 8 mins
COOK 7 mins **EASY**

3 slices of soft bread
1½ tbsp ready-made pizza sauce
30-40g mozzarella, grated
6 slices of pepperoni, cut into pieces (or I use 1 mini Peperami stick, sliced)
1 small egg
1 tsp milk or water

1 Heat the air fryer to 180C.
2 Cut the crusts off your bread (or feel free to keep them on if you prefer). Press down the middle of each slice of bread with your fingers or the back of a spoon so it's flat; you should have a puffy border around the edge.
3 Dollop ½ tbsp of the pizza sauce into the middle of each slice of bread and spread it out, avoiding the border, then add a third of the grated mozzarella and some of the pepperoni pieces to each slice.
4 In a small bowl, beat the egg and milk together to make an egg wash and brush a little over the border with a pastry brush. This is essential to make the bread stick together.
5 Fold the bread in half and press the edges together with your fingers. You can also press them down with the back of a fork to seal them. They should look like little parcels.
6 Brush more egg wash over the top of the bread, then air fry for 6-7 mins until crisp and golden brown.

This recipe makes three, but you can increase or decrease the ingredients to make as many or as few as you like.

SUGAR AND SPICE

Sweet and savoury treats the whole family will love, including fun, easy ones the kids can help make

Mini gingerbread house mug toppers, p64

Mincemeat flapjacks

Add a festive twist to your flapjacks for a Christmassy treat on-the-go.

SERVES 16 **PREP** 10 mins plus cooling
COOK 30 mins **EASY** **V**

175g unsalted butter, plus extra for the tin
100g golden syrup
1 tbsp treacle
175g light brown soft sugar
250g porridge oats
100g fruit & nut mix, roughly chopped
350g mincemeat or vegetarian alternative

1 Butter a 20cm square tin and line with baking parchment. Melt the butter, syrup, treacle and sugar in a saucepan over a medium-low heat. Stir in the oats, fruit & nut mix, mincemeat and a pinch of salt until fully combined, then tip into the prepared tin.

2 Heat the air fryer to 160C. Press the mixture into an even layer using a silicone spatula, ensuring it's packed tightly. Bake in the air fryer basket for 20 mins until golden. Lift the tin out of the air fryer basket. Leave the flapjack to cool for 30 mins in the tin then transfer to a wire rack to cool completely. Cut into squares to serve. *Will keep in an airtight container for up to five days.*

PER SERVING 297 kcals • fat 13g • saturates 6g • carbs 41g • sugars 31g • fibre 2g • protein 3g • salt 0.1g

Mini gingerbread house mug toppers

Perch these delightful little gingerbread houses on the edge of your mug for a festive treat. Try them with hot chocolate or mulled wine for adults.

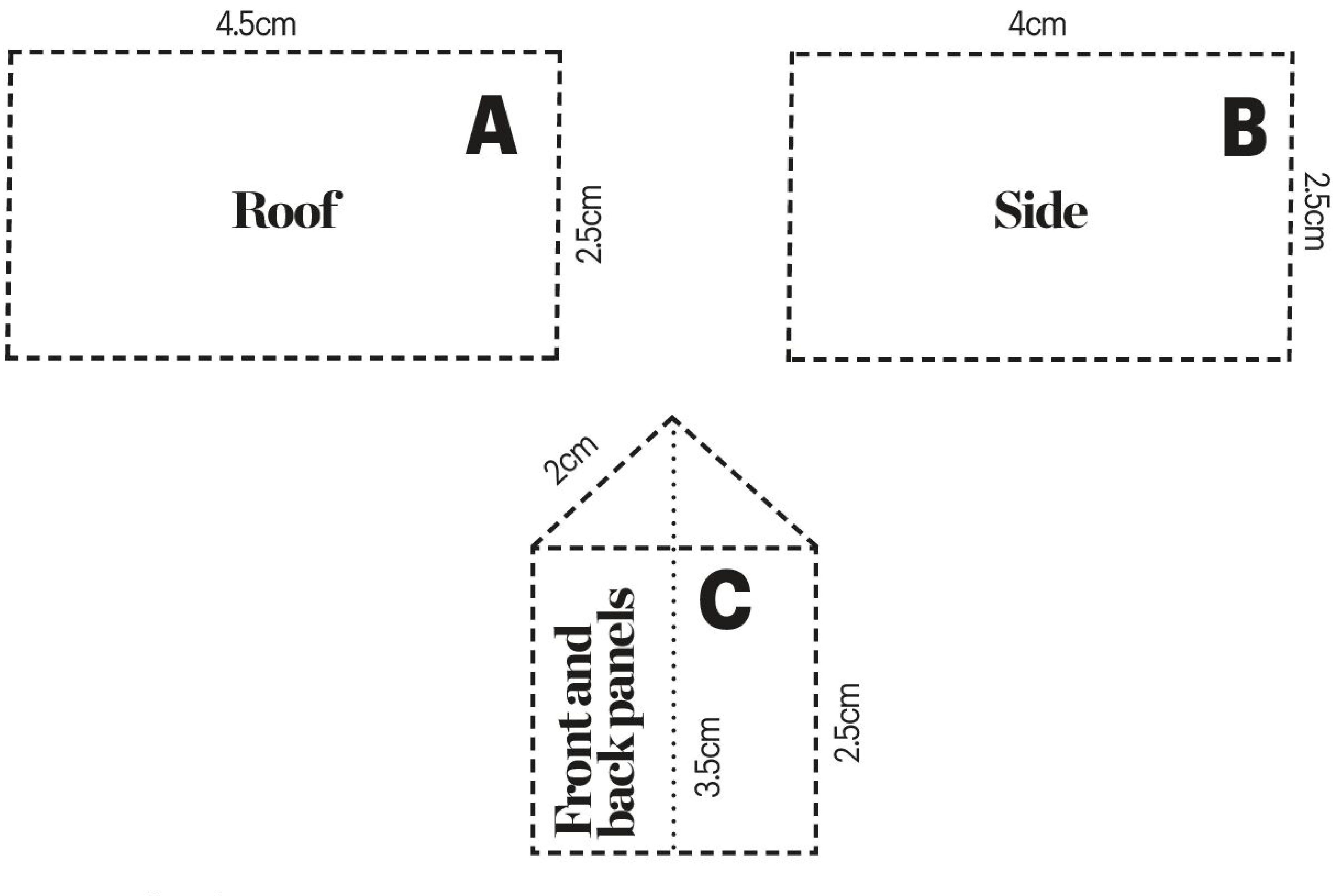
SERVES 8 **PREP** 20 mins plus cooling and setting **COOK** 12 mins
MORE EFFORT V

125g unsalted butter
100g dark muscovado sugar
3 tbsp golden syrup
300g plain flour, plus extra for dusting
1 tsp bicarbonate of soda
2 tsp ground ginger
250g royal icing sugar

1 Melt the butter, muscovado sugar and golden syrup in a pan over a low heat, stirring until the sugar has dissolved completely.
2 Sift the flour, bicarbonate of soda, ginger and a pinch of salt into a large bowl. Pour the wet ingredients into the dry, then mix using a wooden spoon to form a stiff dough. Leave the dough to cool slightly so it's easier to handle.
3 Roll the dough out on a lightly floured surface to a ½cm thickness. Using our templates, cut out parts A-C from the dough – for each house, you need two of each. Continue to re-roll and cut the dough until you have enough to make eight houses. Using a knife, cut out a central door on the bottom of each C piece – not too big, as these will be used to fit the houses on the rim of a mug.
4 Line the air fryer basket with baking parchment. Arrange the gingerbread pieces in the basket, spaced apart so they have room to spread (you may need to do this in batches). Bake in the air fryer at 160C for 5-8 mins until firm and just beginning to darken at the edges. Lift the pieces out of the basket on the piece of baking parchment. While still warm, trim each piece with a small, sharp knife to create straight edges. Leave to cool for a few minutes more, then transfer to a wire rack to cool completely. Repeat with the remaining dough pieces.
5 Gradually mix the icing sugar with water to make a thick, pipeable icing, and spoon into a piping bag fitted with a small round nozzle. Once the gingerbread pieces have cooled, use the icing to stick the edges of the pieces together to make houses. Glue the C pieces between the B pieces, and finish with the A pieces to make a pitched roof for each house. Leave each join to set for 30 mins before adding the next piece.
6 Use the remaining icing to add decorative touches like windows, doors or icicles. Once the icing has set, put your mini gingerbread houses on the rims of mugs filled with your favourite hot drink. *Will keep in an airtight container for up to five days.*

PER SERVING 442 kcals • fat 13g • saturates 8g • carbs 75g • sugars 46g • fibre 2g • protein 4g • salt 0.4g

USE OUR TEMPLATE TO MAKE YOUR OWN



Salted caramel crispy Rudolphs

Get the kids to help make this simple circular puffed rice cake, cut into wedges and decorated to look like reindeer. They might like to leave some out for Santa on Christmas Eve.

SERVES 6 **PREP** 10 mins plus cooling and 30 mins setting **COOK** 15 mins
EASY V

150g butter
150g light brown soft sugar
2 tbsp golden syrup
125g puffed rice cereal
50g ready-made vanilla icing or melted white chocolate
12 chocolate-covered pretzels
12 edible eye decorations
6 red sugar-coated chocolate sweets

1 Line a 20cm cake tin with baking parchment. Melt the butter, sugar and golden syrup with ¼ tsp sea salt flakes in a saucepan over a medium heat. When the sugar has dissolved, whisk well to combine, then stir in the puffed rice cereal until well coated.
2 Heat the air fryer to 160C. Tip the mixture into the prepared tin and use the back of a spoon to firmly press into a flat layer. Bake in the air fryer basket for 8-12 mins until golden and toasted. Press down again with a spoon while still warm, then leave to cool completely in the tin.
3 Remove the crispy cake from the tin and cut into six wedges, in the same way as cutting a pizza. Use a little icing or melted chocolate to stick on pretzels for antlers and the eye decorations. Finish each wedge with a red sweet for the nose. Leave in a cool place to set for 30 mins before serving. *Will keep in an airtight container for up to three days.*

PER SERVING 454 kcals • fat 24g • saturates 15g • carbs 57g • sugars 38g • fibre 0.1g • protein 3g • salt 1.2g

Sweetcorn, feta & coriander muffins

These savoury muffins make an excellent breakfast treat.

SERVES 16 **PREP** 10 mins plus cooling
COOK 15 mins **EASY** V ❄

300g self-raising flour
1 tsp baking powder
½ tsp bicarbonate of soda
1 tbsp caster sugar
150g mayonnaise
2 eggs, beaten
150ml buttermilk
285g sweetcorn, drained
200g feta or vegetarian alternative, crumbled
10g coriander, finely chopped
4 spring onions, finely sliced
1 lime, zested
½ tsp mild chilli powder (optional)

1 Mix the flour, baking powder, bicarbonate of soda, sugar and 1 tsp salt together in a bowl, then make a well in the centre using the spoon. Set aside. Whisk the mayonnaise, eggs and buttermilk in a jug and pour into the dry ingredients. Slowly mix the wet mixture into the dry. Once almost combined, mix in the sweetcorn, feta, coriander, spring onions, lime zest and chilli powder, if using, and combine.

2 Heat the air fryer to 160C for 3 mins. Spoon the mixture into 12 silicone muffin cases or an air fryer muffin tin filled with paper cases to three-quarters full. You may need to bake these in two or three batches. Air fry for 12-15 mins until golden brown, risen and a skewer inserted into the centre comes out clean. Transfer to a wire rack to cool completely, or serve slightly warm. *Will keep in an airtight container for up to three days or frozen for three months (leave to cool completely first). Defrost overnight and warm the muffins through in a microwave or oven on the lowest setting.*

PER SERVING 191 kcals • fat 11g • saturates 3g • carbs 18g • sugars 3g • fibre 1g • protein 5g • salt 1g

Funfetti biscuits

These colourful treats are great fun to make, so get your little ones involved.

MAKES 32 round biscuits or about 120 square bites **PREP** 30 mins plus cooling and 30 mins chilling **COOK** 30 mins **EASY** **V**

200g butter, softened
1 tsp vanilla extract
85g golden caster sugar
80g ground rice
225g plain flour
6 tbsp sprinkles

1 Put the butter, vanilla and sugar in a bowl and stir with a wooden spoon until smooth. Add the ground rice, then stir in the flour and sprinkles. Use your hands to make a smooth dough.
2 If you want to make round biscuits, divide the dough in two. Lay out a piece of baking parchment and shape the first lump of dough into a log about 4-5cm across. Roll it up and chill for at least 30 mins. Repeat with the second lump of dough. If you want to make mini biscuits, roll out the dough on the parchment in a single layer about $\frac{1}{2}$cm thick. Wrap and chill as above.
3 Either slice the logs into rounds about $\frac{1}{2}$cm thick, or cut the slab into small squares, about 3cm each side. Heat the air fryer to 160C and line the air fryer basket with baking parchment. Bake the biscuits in batches for 10-15 mins per batch for the large biscuits and 5-10 mins per batch for the small ones until lightly golden. Leave to cool for 5 mins in the air fryer basket, then lift onto racks and leave to cool completely.

PER SERVING 107 kcals • fat 6g • saturates 4g • carbs 12g • sugars 5g • fibre 0.3g • protein 1g • salt 0.1g

Comté & rosemary shortbread

These moreish shortbread biscuits with a twist are ideal for a gift hamper.

MAKES 28 **PREP** 20 mins plus cooling and 15 mins chilling **COOK** 24 mins **EASY**
V ❄ uncooked dough only

200g unsalted butter, cut into cubes
200g plain flour, plus extra for dusting
50g cornflour
3 rosemary sprigs, leaves picked and finely chopped
130g comté cheese, finely grated

1 Tip the butter, both flours, the rosemary, three-quarters of the cheese, 1 tsp fine sea salt and $\frac{1}{4}$ tsp black pepper into the bowl of a food processor and blitz for a few minutes until a dough forms. Or, tip the flours into a large bowl, rub in the butter, add the other ingredients and gently squeeze it all together into a dough. Wrap and chill for 15 mins. *Will keep wrapped and chilled for two days or frozen for up to a month.*
2 Divide the dough into two pieces and roll each piece out on a well floured surface to the thickness of a £1 coin. Stamp out shapes using a 6cm round or star cutter. Re-roll the off-cuts to stamp out more biscuits until you've used up the dough.
3 Line the air fryer basket with baking parchment. Arrange a batch of the biscuits in the basket and press a fork into the centre of each. Sprinkle over the remaining cheese and bake for 8-12 mins at 160C until lightly golden brown. Leave to cool completely on a wire rack. Repeat with the remaining biscuits. *Will keep in an airtight container or gift tin for up to three days.*

PER SERVING 106 kcals • fat 8g • saturates 5g • carbs 7g • sugars 0.1g • fibre 0.3g • protein 2g • salt 0.2g

Christmas raspberry dodgers

Almond, orange & ginger florentines, p70

Checkerboard biscuits, p70

Ginger biscuit snowflakes, p70

TAKE THE BISCUITS

A box of something home-baked is always a well-received gift, or you can simply fill your biscuit tin for the holidays

Christmas raspberry dodgers

Use a festive cutter to add a seasonal design to these jammy biscuits.

MAKES 20-25 **PREP** 25 mins plus 15 mins chilling **COOK** 40 mins plus cooling **EASY** **V**

200g unsalted butter
200g golden caster sugar
1 egg
1 tsp vanilla extract
400g plain flour, plus extra for dusting
100g seedless raspberry jam
icing sugar, for dusting

1 Put the butter in a bowl and beat using electric beaters until soft and creamy. Beat in the sugar, then the egg and vanilla, and finally the flour. If the dough feels sticky, add a little more flour and knead it in. Bring together into a ball and chill for 15 mins.

2 Dust a clean work surface with flour and roll out the dough to the thickness of a pound coin. Stamp out the biscuits using a fluted 6cm cutter. Using a 1-2cm star or Christmas tree cutter, cut out the middles of half of the biscuits. Re-roll any offcuts and repeat the process.

3 Line the air fryer basket with baking parchment. Heat the air fryer to 160C. Bake the biscuits in batches for 9-15 mins until the edges are golden. Leave to cool in the basket for 5 mins before transferring to a wire rack to cool completely. Fill a piping bag with the raspberry jam, then pipe a small round, the size of a pound coin, into the middle of each whole biscuit. Dust the biscuits that have the holes cut out with icing sugar, put on top of the whole biscuits spread with jam and press together lightly to stick. *Will keep in an airtight container for three days.*

PER SERVING 164 kcals • fat 7g • saturates 4g • carbs 23g • sugars 11g • fibre 1g • protein 2g • salt none

Checkerboard biscuits

These colourful cookies make a brilliant Christmas present for friends. The striking checkerboard effect is created through layering the dough.

MAKES 20-25 **PREP** 35 mins plus 1 hr 45 mins chilling **COOK** 40 mins plus cooling **MORE EFFORT** **V**

- 100g unsalted butter
- 100g golden caster sugar
- 1 egg yolk, beaten (freeze the white for another recipe)
- ½ tsp vanilla extract
- 200g plain flour, plus extra for dusting
- red food colouring paste
- 50g demerara sugar

1 Put the butter in a bowl and beat using electric beaters until soft and creamy. Beat in the sugar, then the egg yolk, vanilla and the flour. If the dough feels sticky, add a little more flour and knead it in. Bring everthing together into a ball.
2 Lightly dust a clean work surface with flour and divide the dough into two. Beat the red food colouring into one batch of dough in a bowl using electric beaters until vibrant red. Divide both lots of dough into two pieces each and chill for 15 mins.
3 On the dusted work surface, roll out the dough into four 1cm-thick rectangles and try to keep them as straight-edged as possible – a palette knife can help with this. Lay the sheets of dough on top of each other, alternating the colours, then chill for 30 mins until firm. Trim the edges and cut into strips 1cm thick, then lay the strips on top of each other, alternating the colours and brushing lightly with a bit of water to help them stick. Put on a baking tray lined with baking parchment and chill for 1 hr.
4 Line the air fryer basket with baking parchment and heat the air fryer to 160C. Using a very sharp knife, cut the dough into squares and lightly brush the edges with water. Dip the edges in the demerara sugar. Arrange the biscuits in the air fryer basket leaving space for them to spread (you will need to bake in batches). Bake for 9-15 mins until golden and set. Leave to cool for 10 mins, before removing to a wire rack to cool completely. *Will keep in an airtight container for three days.*

PER SERVING 85 kcals • fat 3g • saturates 2g • carbs 12g • sugars 6g • fibre 0.3g • protein 1g • salt 0.1g

Ginger biscuit snowflakes

A blend of cinammon, ginger and mixed spice gives these biscuits a wonderfully festive flavour. Use icing sugar to decorate them how you like.

MAKES 20-25 **PREP** 40 mins plus cooling and 15 mins chilling **COOK** 40 mins **EASY** **V**

- 100g unsalted butter
- 100g golden caster sugar
- 1 egg yolk
- ½ tsp vanilla extract
- 200g plain flour, plus extra for dusting
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1 tsp mixed spice
- 125g icing sugar

1 Put the butter in a bowl and beat using electric beaters until soft and creamy. Beat in the sugar, then the egg yolk and vanilla. Add the flour, cinnamon, ginger and mixed spice. If the dough feels sticky, add a little more flour and knead it in. Bring together into a ball. Chill for 15 mins.
2 Dust a clean work surface with flour and roll out the dough to the thickness of a pound coin. Cut out the biscuits using a 6cm snowflake cutter. Re-roll any offcuts and repeat the process.
3 Line the air fryer basket with baking parchment and heat the air fryer to 160C. Bake the biscuits in batches for 9-15 mins until the edges are set. Leave to cool in the basket for 5 mins then transfer to a wire rack to cool completely. Mix the icing sugar with 1 tbsp water. Fill a piping bag with the icing and decorate the biscuits to look like snowflakes. *Will keep in an airtight container for three days.*

PER SERVING 98 kcals • fat 3g • saturates 2g • carbs 15g • sugars 9g • fibre 0.4g • protein 1g • salt 0.1g

Almond, orange & ginger florentines

Wrap and include these delightful florentines in a foodie gift hamper.

MAKES 12-15 **PREP** 25 mins plus cooling **COOK** 25 mins **EASY** **V**

- flavourless oil, for the tin
- 50g salted butter
- 50g light brown muscovado sugar
- 50g golden syrup
- 50g plain flour
- 50g stem ginger, roughly chopped
- 125g flaked almonds
- 2 oranges, zested
- 175g dark chocolate
- 175g white chocolate

1 Lightly brush the base and sides of eight silicone muffin cases with oil. Melt the butter, sugar and golden syrup in a small saucepan over a low heat, stirring frequently. Remove from the heat and whisk in the flour, then add the ginger, flaked almonds and orange zest.
2 Heat the air fryer to 160C. Scoop 1 tbsp of the mixture into each muffin case. Bake for 8-10 mins until golden. Leave to cool for 2 mins until firm enough to transfer to a wire rack and cool completely. Refill the muffin cases with any of the remaining mixture and air fry a second batch.
3 Melt the dark and white chocolate in two different bowls, each over a simmering saucepan of water (ensuring the bowls don't touch the water), or in the microwave in 30-second bursts. Dip half of a cooled florentine in the dark chocolate then drizzle over the white chocolate. Leave to set on a wire rack. *Will keep in an airtight container for up to one week.*

PER SERVING 227 kcals • fat 14g • saturates 6g • carbs 21g • sugars 17g • fibre 1g • protein 4g • salt 0.2g

Gingerbread stained glass biscuits

MAKES 30 **PREP** 40 mins plus cooling and 1 hr chilling **COOK** 50 mins **EASY**
V ❄ uncooked dough only

175g dark soft brown sugar
85g golden syrup
100g unsalted butter
2-3 tsp ground ginger
350g plain flour, plus extra for dusting
1 tsp bicarbonate of soda
1 large egg, lightly beaten
clear fruit-flavoured boiled sweets (don't use anything with a soft centre)
white icing, to decorate

1 Heat the sugar, golden syrup and butter in a pan until melted. Mix the ginger and flour in a large bowl and make a well in the centre. Add the bicarbonate of soda to the melted mixture and stir – it will fizz a little – then pour into the flour mixture with the egg. Stir to combine. The mix will be soft but will firm up as it cools.

2 Scoop the mixture into a fridge bag and chill for at least 1 hr until firm enough to roll out. *Will keep chilled for up to a week or frozen for three months.*

3 Turn the dough out onto a lightly floured surface and cut in half. Briefly knead the first piece, then roll on a lightly floured surface to 2mm thick. Cut into shapes with snowflake or star cutters about 12cm across. Cut a window out of each biscuit using another cutter about 6cm across, then add a boiled sweet to the centre.

4 If the sweets are large, chop them up first – you'll have to judge by the size of the hole. (Don't be tempted to add too much or it will spill over the edge.) If you plan to hang the biscuits, make a small hole in the top of each one using the end of a piping nozzle (the hole will close up a little so make sure that it's big enough).

5 Line the basket of the air fryer with baking parchment. Put a few biscuits into the basket leaving a little room for them to spread. Bake in batches for 7-10 mins at 160C until the biscuits darken slightly and the sweets have melted. Carefully lift on the baking parchment out of the basket and leave to cool and harden up completely on the parchment. If the holes have closed up, remake them while the biscuits are warm. Meanwhile, line the air fryer basket with new baking parchment to cook the next batch. Don't forget to bake the parts you've cut out, too! Pipe on the white icing to decorate the biscuits how you like.

PER SERVING 113 kcals • fat 3g • saturates 2g • carbs 20g • sugars 11g • fibre 1g • protein 2g • salt 0.1g

Vegan cranberry & orange cookies

These oaty cookies have a lovely fruity flavour thanks to the orange zest and dried cranberries.

MAKES 12 **PREP** 10 mins plus cooling
COOK 30 mins **EASY V**

85g flavourless oil (such as sunflower or vegetable)
75g caster sugar
75g light muscovado sugar
1 tsp vanilla extract
1 orange, zested
175g plain flour
50g jumbo oats
½ tsp baking powder
½ tsp bicarbonate of soda
1 tsp ground cinnamon
75g dried cranberries, roughly chopped

1 Line the air fryer basket with baking parchment. Whisk the oil with both the sugars, the vanilla extract and 2 tbsp water in a large bowl until smooth. Stir in the orange zest.
2 In a separate bowl, combine the flour, oats, baking powder, bicarbonate of soda, cinnamon and ½ tsp sea salt flakes. Tip the dry ingredients into the wet, and mix until you have a thick dough. Stir in the cranberries.
3 Form the dough into 12 evenly sized balls. You will need to bake the cookies in batches. Arrange four dough balls in the lined basket well spaced apart so the cookies have room to spread. Flatten them slightly with your palm. Bake in the air fryer for 8-12 mins at 160C until the edges are set. If not quite set, cook for another 2-3 mins. Leave to cool in the basket for 5 mins until firm enough to transfer to a wire rack to cool completely. Repeat with the remaining dough. *Will keep in an airtight container for up to three days.*

PER SERVING 207 kcals • fat 8g • saturates 1g • carbs 31g • sugars 17g • fibre 2g • protein 2g • salt 0.4g

Crystallised ginger & chocolate shortbread

For those who like a bit of Christmas spice, bake these crystallised ginger and chocolate shortbread biscuits.

MAKES 24 **PREP** 15 mins plus 1 hr chilling and 2 hrs cooling and setting
COOK 25 mins **EASY V**

200g salted butter, softened
90g caster sugar
2 tsp ground ginger
3 tbsp crystallised stem ginger, finely chopped, plus 2 tbsp to decorate
300g plain flour
1 tbsp cornflour
150g dark chocolate (at least 70% cocoa solids)

1 Beat the butter, sugar and ground ginger together in a large bowl with an electric whisk until creamy. Add the stem ginger and mix to combine. Tip in the flour and cornflour, and mix until you have a thick dough. If needed, use slightly damp hands to bring it together.
2 Roll out the dough between two sheets of baking parchment into a 22-24cm square that's about 1cm thick. Slide onto a baking tray and chill for about 1 hr until firm.
3 Remove the top sheet of baking parchment and cut the chilled dough into 20-24 rectangles (they should be about 10 x 2cm). Line the air fryer basket with baking parchment and heat the air fryer to 160C. Bake the biscuits in batches for 10-15 mins per batch until the edges are light brown. Leave to cool in the basket for 10 mins then lift onto a wire rack and leave to cool completely.
4 Melt the chocolate in a heatproof bowl set over a pan of simmering water, ensuring the bowl doesn't touch the water, or do this in the microwave in five-second bursts. Dip half of each biscuit into the chocolate and sprinkle with the extra chopped crystallised ginger. Leave to set for about 1 hr on a wire rack. *Will keep in an airtight container for up to four days.*

PER SERVING 167 kcals • fat 9g • saturates 6g • carbs 18g • sugars 8g • fibre 1g • protein 2g • salt 0.2g

Ricciarelli biscuits

Take a little time out to make these Italian-inspired almond biscuits for giving, or for dunking in a good strong cup of coffee on a quiet Twixmas afternoon.

MAKES 20 **PREP** 15 mins plus cooling and 4 hrs chilling **COOK** 25 mins
MORE EFFORT V

2 egg whites
½ tsp almond extract
1 lemon, zested
200g icing sugar, plus extra for dusting
260g ground almonds

1 Whisk the egg whites to stiff peaks in a clean bowl, then whisk in the almond extract and lemon zest.
2 In a separate bowl, sift together the icing sugar, ground almonds and a pinch of salt. Gently fold into the whisked egg whites until it comes together into a dough. Cover and chill for at least 4 hrs, or ideally overnight.
3 Turn the dough out onto a work surface generously dusted with icing sugar. Roll into a long, fat sausage (about 40cm long) and cut 2cm-thick slices down the length (you should get about 20). Shape each slice into an oval and pat down the tops a little – the biscuits should be about 4-5cm wide and 5-6cm long.
4 Line the air fryer basket with baking parchment. Arrange a few biscuits in the basket, leaving space for them to spread, then dust with more icing sugar. Bake for 10-15 mins at 160C until just turning brown. Leave to cool for 5-10 mins until cool enough to lift onto a wire rack to cool completely. Repeat with the remaining biscuits in batches. *Will keep in an airtight container for up to three days.*

PER SERVING 124 kcals • fat 7g • saturates 1g • carbs 11g • sugars 10g • fibre none • protein 4g • salt 0.1g

Vegan cranberry & orange cookies
Crystallised ginger & chocolate shortbread
Ricciarelli biscuits
Merry Christmas

DESSERT MAGIC

Every festive menu needs a showstopping finish — these stunning creations from **Dominique Eloïse Alexander** and **Izy Hossack** are sure to get everyone's attention

Eclair ring cake, p76

Dominique Eloïse is a cookbook author, art director and food stylist who has created content for brands such as Heinz. Fellow author Izy writes the award-winning blog Top With Cinnamon and is a food photographer and stylist. *@dominique_eloise @izyhossack*

Pistachio
profiteroles, p76

Eclair ring cake

The advantage here is that making one big ring cake takes less time than assembling individual eclairs, meaning you can entertain with ease.

SERVES 4-6 **PREP** 20 mins plus cooling and 20 mins drying **COOK** 20 mins
EASY **V**

½ quantity choux pastry (see recipe, right)
50g plain dark chocolate, minimum 50% cocoa solids, chopped
For the filling
200ml double cream
4 tsp instant custard powder
1 tsp vanilla paste or extract (optional)

1 Combine the filling ingredients in a bowl and whisk to soft peaks, then cover and keep chilled.
2 Make the choux pastry up to step 4 according to the recipe, right, then pop the pastry into a piping bag fitted with a round nozzle.
3 Cut a square of baking parchment to line the basket of your air fryer. Draw a 15cm circle onto it, flip it over and pipe the pastry on top in a ring shape. You may need to pipe a second ring on top of the first to use up all the pastry.
4 Air fry at 180C for 15 mins until golden on top, then flip over and air fry for 5 mins to crisp up the base.
5 Poke a few holes in the hot pastry to let any steam escape, then leave in the switched-off air fryer with the drawer shut for 20 mins. This allows the pastry to dry out so it won't collapse. Transfer to a wire rack and leave to cool completely before slicing the ring in half horizontally.
6 Spoon or pipe the chilled filling evenly between the cut surfaces of your choux ring.
7 Melt the chocolate in the microwave, then spoon over the top of the ring and leave to set (chill for 10 mins to speed things up) before serving.

Pistachio profiteroles

Hunting down pistachio paste is a must here – unless you're a fan of making your own nut butters! Most Italian delis will sell a version of it, or it's available online.

MAKES 12-15 **PREP** 15 mins plus cooling and 40 mins chilling
COOK 22 mins **EASY** **V**

1 quantity choux pastry (see recipe, right)
150g white chocolate
¼ tsp rosewater (optional)
200ml double cream
100g pistachio paste
50g shelled unsalted pistachios, chopped

1 Follow the choux pastry recipe, right, to make and bake your profiteroles. Depending on the size of your air fryer basket you may need to bake your buns in two or three batches.
2 Melt the white chocolate in a small heatproof bowl in the microwave in 20-second bursts until smooth. Stir through the rosewater, if using, then leave to cool to room temperature.
3 Tip the cream and pistachio paste into a bowl and whip to soft peaks. Pour into a piping bag fitted with a round nozzle.
4 Take your profiteroles and either use a sharp knife to cut a hole in the bottom or just slice in half. Pipe some pistachio cream into each profiterole, then chill for 20 mins.
5 Dip or drizzle the white chocolate over each and then sprinkle over the chopped pistachios. Refrigerate to set for 20 mins before digging in!

Choux pastry

MAKES 12-15 profiteroles
PREP 15 mins plus cooling
COOK 22 mins **EASY** **V**

50g unsalted butter
70g plain flour
2 medium eggs, well beaten

1 Melt the butter in 125ml water in a small saucepan over a low heat. Increase the heat and bring to the boil, then add the flour and beat well with a wooden spoon.
2 Let the mixture cook out for a few minutes until it sticks to itself and is smooth. Put in a large bowl to cool completely.
3 Add the eggs, a small amount at a time, beating well between each addition. Add enough egg to make a dropping consistency when you lift up the spoon.
4 Fill a piping bag with the choux pastry. Line the base of your air fryer with baking parchment.
5 Pipe little dollops of pastry in the air fryer, leaving a 4cm gap between each. Cut the pastry with scissors and use a dab of water to push down any points.
6 Air fry at 180C for 17 mins, then reduce the temperature to 160C and bake the pastry for 5 mins until puffed up and golden.
7 Remove from the air fryer using silicone tongs and leave to cool completely on a wire rack.

To make this alcohol-free, just replace the marsala with some extra cooled, strong coffee.

Tiramisu cake

Playing with the proportions of a tiramisu recipe resulted in this delightfully easy twist on the classic dessert. A whisked sponge is soaked with a coffee-marsala mixture and finished with a fluffy whipped cream. The trick to a great tiramisu dessert (as Izy learned from her mum) is to go heavy on the cocoa powder dusting at the end – the bitterness cuts through the rich, sweet flavours so well.

SERVES 6 **PREP** 20 mins plus cooling
COOK 20 mins **EASY** **V**

butter and flour, for the tin

For the batter

- 2 large eggs
- 100g caster sugar
- 60g self-raising flour

For the coffee soak

- ½ tbsp instant coffee granules
- 50ml marsala

For the topping

- 100ml double cream
- 15g caster sugar
- 20ml marsala
- 1 tbsp unsweetened cocoa powder

1 Whisk the eggs and sugar using electric beaters in a medium-sized bowl for around 5 mins until pale, thick and fluffy. Sift in the flour with a pinch of fine salt and fold to combine, ensuring no floury patches remain.
2 Butter and flour an 18cm round cake tin. Pour the batter into the tin and air fry at 160C for 15-20 mins until golden; when a toothpick is inserted into the cake, it should come out clean. Leave to cool completely in its tin.
3 Combine the instant coffee with 2 tbsp boiling water in a jug, stirring until dissolved, then stir in the marsala. Spoon over the cooled cake.
4 In a medium-sized bowl, whip together the cream, sugar and marsala until thickened to soft peaks. Spread this atop the cake, then dust with the cocoa powder. Either serve now, or cover and chill until ready to serve. *Will keep chilled for up to 12 hours.*

Pavlova

An electric whisk is a must for this! Sadly, muscles just don't quite get the same lift in the egg whites that electric power does...

SERVES 8 **PREP** 25 mins plus overnight resting **COOK** 2 hrs **EASY** **V**

280g caster sugar
3 large egg whites (about 120g)
½ small lemon, juiced
½ tsp cornflour
To serve
150ml double or whipping cream
100g lemon curd, plus an extra 2 tbsp for drizzling
200g mixed fresh or frozen berries
handful of mint leaves

1 Start by adding the sugar to a 15cm square cake tin, covering with foil and popping in the air fryer at 180C for 8 mins. Stir the sugar then air fry for a further 5 mins. We're just trying to heat the sugar here to make it dissolve easily in the egg whites, so don't let it start to caramelise.

2 Tip your egg whites into a large bowl or stand mixer bowl and start to whisk on a medium speed.

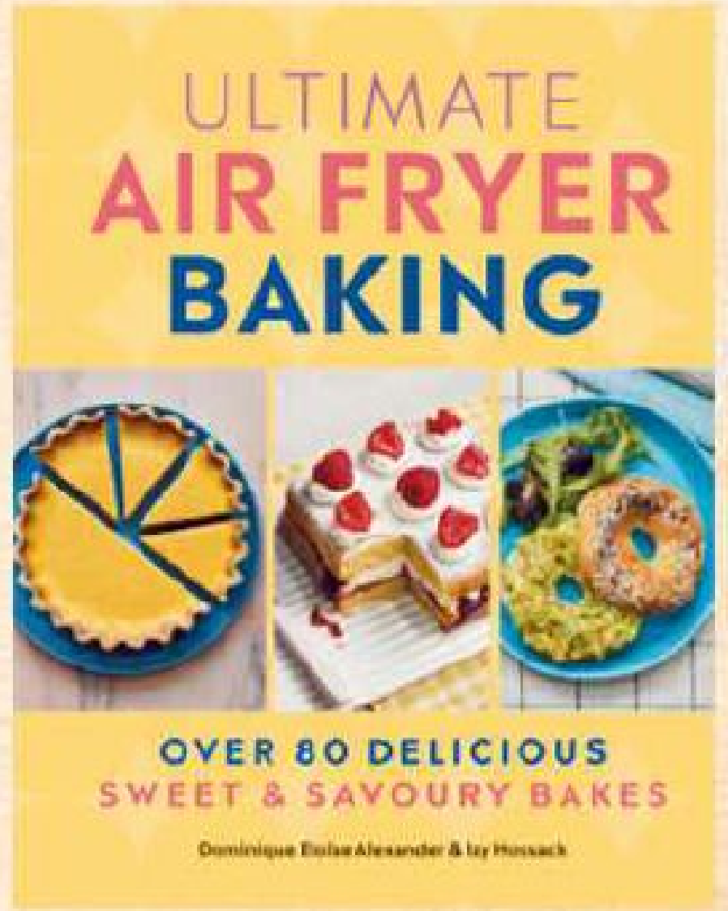
3 Carefully remove the tin with the sugar from the air fryer, using a thick tea towel to protect your hands, and slowly add the warmed sugar a spoonful at a time to the egg whites, whisking all the time.

4 When all the sugar has been added, increase the speed and continue to whisk for 3-5 mins until the sugar has dissolved and the meringue is stiff. Add the lemon juice and cornflour and give a final whisk.

5 Line your air fryer, fitted with its crisper plate, with baking parchment. You can then spoon on the meringue in a large circle or you can add it to a piping bag and pipe pretty flowers, spirals or lines. Make sure there is a flat centre in the circle so you can pile on your cream and berries later.

6 Air fry at 110C for 30 mins before reducing the setting to 95C and baking for a further 1 hr 30 mins. Turn the air fryer off and then leave the meringue in the drawer overnight.

7 When ready to serve (no longer than 1 hr before), whip your cream to soft peaks. Swirl the lemon curd through and then add to your pavlova. Pile high with berries, mint leaves and an extra drizzle of lemon curd.



Recipes extracted from *Ultimate Air Fryer Baking* by Dominique Eloïse Alexander and Izy Hossack (£22, Hamlyn) and not retested by us. Photographs by Izy Hossack.

Merry Christmas

PIES TO PLEASE

Mince pies can be divisive, but with a little makeover you could be onto a winner

Gingerbread mince pies

Combine two very traditional Christmas bakes – gingerbread and mince pies – to create something extra special, topped off with mini gingerbread people.

SERVES 12 **PREP** 30 mins plus cooling and 30 mins chilling **COOK** 25 mins
EASY V ❄ unbaked only

400g mincemeat or vegetarian alternative
50g stem ginger chopped, plus 1 tbsp ginger syrup from the jar
For the pastry
250g plain flour, plus extra for dusting
¼ tsp ground cinnamon
½ tsp ground ginger
125g cold unsalted butter, cut into small pieces
3 tbsp golden caster sugar
1 egg, beaten

1 For the pastry, tip the flour, spices and butter into a large bowl with a large pinch of salt. Rub together with your fingertips until the mixture resembles fine breadcrumbs. Stir in the sugar. Add the egg and use a cutlery knife to mix everything until the ingredients start to clump together. Tip out onto a lightly floured work surface and knead briefly to make a smooth dough. Or pulse the ingredients in a food processor. Shape into a disc, then wrap and chill for at least 30 mins. *Will keep chilled for a day or frozen for up to three months.*
2 Mix the mincemeat with the ginger and syrup. Roll the pastry out on a lightly floured surface to a 3mm thickness. Stamp out 12 discs using an 8cm round biscuit cutter and lightly press into 12 mini foil tart cases (about 6cm in diameter).
3 Fill each pastry case with 1 tbsp of the mincemeat mixture. Re-roll the pastry scraps and stamp out 12 mini gingerbread people using a biscuit cutter, then put one on top of each pie. *Will keep frozen for up to two months.*
4 Heat the air fryer to 180C. Bake for 12-15 mins until golden and bubbling (you may need to do this in two batches). Cool completely on a wire rack before serving. *Will keep in an airtight container for up to four days.*

PER SERVING 293 kcals • fat 11g • saturates 6g • carbs 45g • sugars 29g • fibre 2g • protein 3g • salt 0.2g

Iced mince pies

Stock your cake tin with these pretty bakes or package them up for gifting. Choose your favourite sprinkles to decorate or use dried berries and pistachios.

SERVES 12 **PREP** 40 mins plus cooling and 30 mins chilling **COOK** 25 mins
EASY **V** ❄ uncooked dough only

300g mincemeat or vegetarian alternative

For the pastry

260g plain flour, plus extra for dusting
4 tbsp icing sugar
1 tsp ground cinnamon (optional)
160g cold unsalted butter, cut into cubes
1 egg yolk beaten (freeze the white to use in another recipe)

To decorate

200g icing sugar
45ml lemon or clementine juice or use water
dried cranberries, glacé cherries, coloured sprinkles and pistachio slivers (optional)

1 To make the pastry, pulse the flour, sugar, cinnamon and butter together in a food processor until the mixture resembles coarse crumbs, or use your fingers to rub the butter into the dry ingredients. Add the egg yolk and pulse or stir to combine. If the dough is dry, add 1-2 tsp water to bring it together. Tip the pastry out, shape into a disc, wrap and chill for 30 mins. *Will keep frozen for up to three months.*

2 Roll the pastry out on a lightly floured surface until 2mm thick. Stamp out 12 x 8cm circles and 12 x 7cm circles using round cutters. Gently press the larger circles into mini foil cases about 6cm in diameter. Spoon 2 tsp mincemeat into each pie. Brush a little water around the edges of the pastry, then top with the smaller pastry circles. Press the edges together to seal. Heat the air fryer to 180C and cook the pies for 10-12 mins until golden brown and steaming hot. You may need to do this in two batches.

3 Put the tarts on a wire rack to cool completely. To make the icing, mix the sugar with 1 tbsp juice or water. Add more liquid, 1 tsp at a time, until you have a thick, smooth icing. Spoon the icing onto the mince pies, gently pushing it to the edges. Decorate with dried cranberries, cherries, sprinkles or pistachio slivers, if you like. Leave to set before serving. *Will keep in an airtight container for up to five days.*

PER SERVING 341 kcals • fat 13g • saturates 7g • carbs 53g • sugars 36g • fibre 1g • protein 3g • salt none

LUXURY BREAKFAST

Forget muesli – it's Christmas! Wake up to indulgent fruit pancakes, luxurious French toast and buttery cinnamon rolls

French toast, p86

Cinnamon rolls, p86

French toast

Finish off your toast with a sprinkle of icing sugar for a festive feel.

SERVES 2 **PREP** 5 mins
COOK 14 mins **EASY** **V**

1 egg
40ml whole milk
1 tbsp double cream
½ tsp vanilla extract
pinch of ground cinnamon
2 thick slices of brioche
1 tbsp demerara sugar
berries and icing sugar or bacon, to serve (optional)

1 Beat the egg, milk, cream, vanilla extract and cinnamon together with a pinch of salt. Pour into a shallow bowl. Heat the air fryer to 180C.

2 Line the base of the air fryer basket with baking parchment. Dunk each piece of brioche in the egg mixture, making sure both sides are well coated, then carefully transfer to the lined air fryer basket. Sprinkle half the demerara sugar over the top and cook for 6-7 mins, then flip and sprinkle with the remaining sugar. Cook for a further 6-7 mins until crispy and golden. Serve with berries and a dusting of icing sugar, or with some crisp streaky bacon.

PER SERVING 406 kcals • fat 20g • saturates 12g • carbs 46g • sugars 19g • fibre 1g • protein 9g • salt 0.7g

Cinnamon rolls

Prep these easy cinnamon rolls the night before, then cook them fresh in the morning for the family to tear and share.

SERVES 6 **PREP** 15 mins plus 1 hr 30 mins rising and 30 mins setting
COOK 25 mins **EASY** **V**

125g plain flour, plus extra for dusting
125g strong white bread flour
½ x 7g sachet fast-action dried yeast
1 tbsp caster sugar
125ml whole milk
25g butter
1 egg

For the filling

50g light brown soft sugar
1 tsp vanilla extract
½ tbsp cinnamon
25g butter, softened

For the icing

40g butter, softened
50g soft cheese
75g icing sugar
½ tsp vanilla extract

1 Tip both flours, the yeast, sugar and 1 tsp salt into a stand mixer and mix.

2 Heat the milk and butter in a small saucepan over a low heat until the milk is warm and the butter is just starting to melt. Remove from the heat and whisk in the egg.

3 Pour the egg mixture into the flour and knead on a low speed for 8-10 mins until smooth and elastic. Cover and set aside in a warm spot to rise for 1 hr until doubled in size. You can also leave to rise in the fridge overnight.

4 Beat all the filling ingredients well, then set aside. Line a baking sheet with a piece of baking parchment a little smaller than your air fryer tray.

5 Tip the dough out onto a lightly floured surface. Roll out to a 25cm square and spread over the cinnamon mixture to the edges. Roll into a tight spiral – trim the edges if you want to keep it neat. Cut into six even pieces, then arrange on the prepared baking sheet, spiral-side up, making sure to keep them in a circle or a rectangle depending on the shape of your air fryer tray. Cover and leave to rise for 20-30 mins until doubled in size.

6 Heat the air fryer to 170C and lay the sheet of cinnamon rolls inside. Bake for 15-20 mins, then remove and cover with a clean tea towel to keep the buns soft. Leave to cool a little.

7 Meanwhile, make the icing. Beat the butter, soft cheese, icing sugar and vanilla together until smooth. Spread the icing over the buns. Leave to set for 30 mins then serve. *Will keep in an airtight container for up to three days.*

PER SERVING 267 kcals • fat 15g • saturates 7g • carbs 27g • sugars 11g • fibre 2g • protein 4g • salt 0.5g

Apple pancakes

If you have apples that have been sitting in the fruit bowl for a while, try using them in this simple but delicious recipe. You'll have a special breakfast for two.

SERVES 2 **PREP** 5 mins
COOK 15 mins **EASY** **V**

neutral oil, for the tin
150g self-raising flour
½ tsp baking powder
2 tsp caster sugar
1 egg
200ml milk
1 apple, cored and very thinly sliced
pinch each of cinnamon and icing sugar and ice cream, to serve (optional)

1 Oil an 18cm cake tin and heat the air fryer to 200C. Mix the flour, baking powder, sugar and a pinch of salt in a large bowl. Crack the egg into a jug and whisk with the milk.

2 Create a well in the centre of the flour mixture and pour in the milk mixture. Stir until just combined. Pour a quarter of the batter into the prepared tin, starting from the outside in, so there isn't too much batter in the centre. Lay over a quarter pf the apple slices and place in the basket of the air fryer. Cook for 3-4 mins until golden and a skewer inserted into the centre comes out clean.

3 Keep warm under foil and a tea towel while you cook the remaining pancakes. Dust with a pinch each of cinnamon and icing sugar, and a scoop of ice cream, if you like.

PER SERVING 417 kcals • fat 8g • saturates 3g • carbs 69g • sugars 13g • fibre 3g • protein 14g • salt 1.2g

Mincemeat & almond croissants

SERVES 4 **PREP** 10 mins plus 10 mins cooling **COOK** 12 mins **EASY** **V**

Heat the air fryer to 180C. In a bowl beat **50g softened butter** with **50g golden caster sugar** and **50g ground almonds** plus a pinch of salt. Add **½ tsp almond extract** and **1 egg** and mix until smooth. Split **4 croissants**, spread generously with the almond paste and add a spoonful of **mincemeat** to the middle of each. Spoon a little more almond paste and mincemeat on top and sprinkle with **flaked almonds**. Put in the air fryer basket and cook for 8-12 mins until the filling is oozing out and set. Leave to cool for 10 mins, then dust with **icing sugar**.

PER SERVING 577 kcals • fat 34g • saturates 13g • carbs 55g • sugars 33g • fibre 2g • protein 12g • salt 0.9g

SHORTCUT PASTRY

For a fast and fabulous brunch, simply stuff shop-bought croissants with Christmassy leftovers

Prosciutto, cranberry & brie croissants

Use that cranberry sauce at the back of the fridge along with the remnants of your cheese and wine party.

SERVES 4 **PREP** 5 mins **COOK** 5 mins **EASY**

Heat the air fryer to 180C. Split **4 croissants** and put them cut-side facing upwards. Spread **cranberry sauce** on one half of each croissant. Top with **prosciutto slices**. Arrange slices of **brie** on the cut surfaces of the other halves. Put the croissant halves in the air fryer basket and cook for 5 mins until the cheese is melted and the prosciutto is crisp (you may need to do this in batches). Sandwich together each croissant half adding a **handful of rocket leaves** in between.

PER SERVING 432 kcals • fat 26g • saturates 14g • carbs 30g • sugars 9g • fibre 2g • protein 19g • salt 1.9g

Smoked salmon scramble croissants

Smoked salmon, scrambled egg and chives is a classic combo for a reason.

SERVES 4 **PREP** 5 mins
COOK 10 mins **EASY**

Heat the air fryer to 180C. Split **4 croissants** and cook in the air fryer basket for 3-5 mins until lightly toasted (you may need to do this in batches). Beat **6 eggs** with seasoning. Melt a **knob of butter** in a frying pan then add the eggs and scramble lightly. When the eggs are just cooked but still soft, stir in **50ml double cream** and a **handful of chopped chives**. Fill each croissant with a few slices of **smoked salmon** and the creamy scrambled egg. Sprinkle with black pepper and extra chopped chives.

PER SERVING 502 kcals • fat 31g • saturates 14g • carbs 26g • sugars 4g • fibre 2g • protein 29g • salt 1.9g

Bacon & banana-stuffed French toast croissants

Add banana, bacon and maple syrup to transform a simple croissant into something deliciously decadent. Trust us – you won't look back!

SERVES 4 **PREP** 5 mins
COOK 14 mins **EASY**

Heat the air fryer to 180C. Split **4 croissants** and slice **2 bananas**. Divide **8 slices of crispy smoked bacon** between the croissants, then stuff each with some sliced banana. Whisk **4 eggs** with **100ml milk** and **2 tsp maple syrup**. Dunk the croissants into the mixture, pressing them under the liquid until it's all been absorbed. Line the air fryer basket with baking parchment and arrange the croissants in the basket (you may need to cook them in batches). Air fry the croissants for 6-7 mins then carefully flip them over and cook for another 6-7 mins until golden and hot through. Dust with **icing sugar** and serve with **maple syrup**.

PER SERVING 434 kcals • fat 23g • saturates 10g • carbs 37g • sugars 15g • fibre 2g • protein 18g • salt 1.5g

KEEP IT SIMPLE

When you fancy something a bit more rustic between the feasting, reach for these ideas

Mustard & parmesan crumbed chicken, p92

Puttanesca baked gnocchi, p92

Mustard & parmesan crumbed chicken

With its rich mustard flavours and deliciously crunchy, cheesy coating, this dinner is sure to become a family favourite.

SERVES 4 **PREP** 30 mins
COOK 45 mins **EASY**

- 500g baby potatoes, halved
- 5 tsp olive oil
- 1 tbsp Dijon mustard
- 200g low-fat natural yogurt
- 30g parmesan, finely grated
- 100g soft white breadcrumbs
- 2 tsp dried mixed herbs
- 1 lemon, zested and juiced
- 1kg skin-on, bone-in chicken drumsticks
- 320g green beans

1 Heat the air fryer to 180C. Toss the potatoes with 2 tsp of the oil and tip in the air fryer basket. Bake for 20 mins, tossing halfway through cooking.

2 Combine the mustard and yogurt in a bowl and season. In a second bowl, mix the parmesan, breadcrumbs, herbs and lemon zest. Drizzle over 1 tsp of the oil, season and toss. Dip the chicken in the yogurt mixture, then the breadcrumbs and coat well.

3 Remove the potatoes from the air fryer and keep warm. Put the chicken drumsticks in the basket and air fry for 20 mins, turning after 10 mins. Return the potatoes to the air fryer basket with the chicken and warm everything through for 5 mins.

4 Meanwhile, toss the green beans in the remaining oil and season. Fry in a pan over a medium-high heat for 5 mins until browned then squeeze in a bit of lemon juice before serving.

PER SERVING 484 kcals • fat 18g • saturates 5g • carbs 37g • sugars 8g • fibre 6g • protein 40g • salt 1.3g

Puttanesca baked gnocchi

Serve this budget-friendly baked gnocchi with tomatoes, mozzarella, capers and olives for a comforting meal between the Christmas feasting.

SERVES 4 **PREP** 5 mins
COOK 35 mins **EASY**

- 2 x 400g cans cherry tomatoes
- olive oil, for frying
- 1 onion, finely chopped
- 1 tsp chilli flakes
- 1 tbsp capers, drained
- 60g black pitted Kalamata olives, roughly chopped
- 5 anchovy fillets in oil, finely chopped
- sugar
- 500g shop-bought gnocchi
- 1 x 125g ball mozzarella, torn

1 Blitz one of the cans of tomatoes in a food processor until smooth and set aside. Heat a glug of oil in a medium-sized saucepan over a medium heat. Tip in the onion and a generous pinch of salt and fry gently for 8-10 mins until softened and translucent. Add the chilli flakes and all the tomatoes, lower the heat, and simmer for 10 mins, uncovered. Fill one of the empty cans a quarter-full with water and add to the sauce. Stir through the capers, olives and anchovies. Season with salt, pepper and a couple of generous pinches of sugar. Cook on a gentle heat, uncovered, for a further 5 mins. Keep warm until needed.

2 Bring a large pan of water to the boil. Tip in the gnocchi and cook for 2 mins. Drain and toss with the tomato sauce, then tip into a baking dish that will fit in your air fryer. Top with the torn mozzarella and a good grating of black pepper. Air fry for 10 mins at 170C until the mozzarella is gooey.

PER SERVING 344 kcals • fat 11g • saturates 5g • carbs 44g • sugars 10g • fibre 6g • protein 13g • salt 2.5g

Sausage, mustard & apple hash

SERVES 2 **PREP** 10 mins
COOK 25 mins **EASY**

- 450g white potatoes, peeled and cut into 2cm cubes
- 2 small Cox's apples, cored and cut into wedges
- 30g butter, melted
- 2 tbsp olive oil
- 4 herby pork sausages, cut into chunks
- 2 tsp wholegrain mustard
- 3 thyme sprigs, leaves picked
- watercress salad, to serve (optional)

1 Bring a large pan of salted water to the boil. Tip in the potatoes and cook for 4 mins. Drain and leave to steam-dry in a colander.
2 Meanwhile, heat the air fryer to 180C. Brush the apple wedges with half of the butter and oil. Put in the air fryer basket and cook for 10 mins, turning once, until golden brown and starting to caramelise. Remove with a slotted spoon and set aside on a plate.
3 Toss the potatoes and sausage chunks in the remaining butter and oil. Air fry for 10-15 mins, turning every 5 mins, until the potatoes and sausages are crisp and golden brown. If not quite cooked, return to the air fryer for another 5 mins. Season to taste and stir through the mustard and the apple wedges. Divide between two plates, then scatter over some thyme leaves and serve with watercress salad, if you like.

PER SERVING 727 kcals • fat 48g • saturates 19g • carbs 52g • sugars 12g • fibre 8g • protein 18g • salt 1.9g

Sweet potato & cauliflower lentil bowl

Whip up this zingy vegan bowl in advance and keep in the fridge for quick, satisfying lunches on demand.

SERVES 4 **PREP** 20 mins
COOK 30 mins **EASY** **V**

1 large skin-on sweet potato, scrubbed and cut into medium chunks
1 cauliflower, cut into large florets, stalk diced
1 tbsp garam masala
3 tbsp groundnut oil
2 garlic cloves
200g puy lentils
thumb-sized piece of ginger, grated
1 tsp Dijon mustard
pinch of sugar
1½ limes, juiced
2 carrots
¼ red cabbage
handful of coriander

1 Heat the air fryer to 180C. Toss the sweet potato and cauliflower with the garam masala, half the oil and some seasoning. Spread out in the air fryer basket. Tuck in the garlic cloves then cook for 25-30 mins, stirring every 10 mins
2 Meanwhile, put the lentils in a saucepan with 400ml cold water. Bring to the boil, then simmer for 20-25 mins until the lentils are tender but still have some bite. Drain.
3 Once the vegetables are golden and tender, remove the air fryer basket. Pick out the garlic cloves and squish them with the blade of your knife. Put the garlic in a large bowl with the remaining oil, ginger, mustard, a pinch of sugar and one-third of the lime juice. Whisk, then tip in the warm lentils, stir and season to taste. Coarsely grate the carrots, shred the cabbage and roughly chop the coriander. Squeeze over the remaining lime juice and season to taste.
4 Divide the lentil mixture between four bowls (or four containers if saving and chilling). Top each serving with a quarter of the carrot slaw followed by a quarter of sweet potato and a quarter of the cauliflower mixture.

PER SERVING 350 kcals • fat 11g • saturates 2g • carbs 41g • sugars 13g • fibre 13g • protein 15g • salt 0.3g

Roast cauliflower with prosciutto & taleggio

Update cauliflower cheese by topping cauliflower steaks with prosciutto, melted gruyère and taleggio cheese, to serve solo or as a side dish. This is much quicker to cook than traditional cauliflower cheese.

SERVES 2-4 **PREP** 10 mins
COOK 35 mins **EASY**

1 large cauliflower
olive oil, for brushing
125g taleggio cheese, sliced
4 prosciutto slices
4 generous tbsp crème fraîche
75g gruyère, grated
rocket or watercress, lightly dressed, to serve (optional)

1 Heat the air fryer to 180C. Remove the leaves from the cauliflower and cut out the base (without cutting away so much that the head collapses). Cut the cauliflower in half, then into four slices – two from each half – that are about 2cm thick. Put in the air fryer basket, brush all over with oil and season with pepper. Cook for 10-15 mins until tender and golden, flipping over halfway through.
2 Put some of the taleggio, a slice of prosciutto and a spoonful of crème fraîche on each cauliflower piece. Sprinkle with the gruyère, then return to the air fryer for 5-10 mins until the cauliflower is golden and the cheese has melted. Serve straight away with the rocket or watercress, if you like.

PER SERVING 484 kcals • fat 39g • saturates 22g • carbs 10g • sugars 7g • fibre 4g • protein 22g • salt 2.1g

TWIXMAS SPECIALS

Whip up impressive meals with little effort between Christmas and the new year

Maple-glazed sausages & parsnips with herby lentils

With just 15 minutes' prep, this is a quick win for a cold winter's night.

SERVES 4 **PREP** 15 mins
COOK 25 mins **EASY**

- 2 tbsp olive oil
- 2 garlic cloves, grated
- 1½ tbsp wholegrain mustard
- 1 tbsp maple syrup
- 8 sausages
- 4 parsnips (roughly 400g), chopped into 5cm batons
- 2 x 250g pouches ready-cooked lentils
- 10g parsley, finely chopped
- 10g chives, finely chopped
- 1 lemon, zested and juiced

1 In a small bowl, whisk together the olive oil, garlic, mustard and maple syrup. Season well with salt and pepper, then set aside.

2 Line the air fryer basket with foil. Put the sausages and parsnips in, spacing them out a little. Heat the air fryer to 180C and cook for 10 mins, then drizzle with half of the maple glaze mixture and toss to coat. Cook for 15 mins more.

3 Cook the lentils following pack instructions, then mix with the chopped herbs, lemon zest and juice, and plenty of seasoning. Split between four plates then top with the sausages, parsnips and a final drizzle of the remaining dressing.

PER SERVING 574 kcals • fat 27g • saturates 8g • carbs 46g • sugars 11g • fibre 16g • protein 28g • salt 1.7g

Thai-style fishcakes with smacked cucumber, p100

Sticky pork & rice noodle lettuce wraps, p100

Thai-style fishcakes with smacked cucumber

As well as livening up a weeknight dinner, these little fishcakes work as a spicy nibble for a festive party.

SERVES 4 **PREP** 20 mins
COOK 15 mins **EASY**

- 250g skinless trout or salmon fillets
- 1 tbsp red Thai curry paste
- 10g coriander, finely chopped
- 1 tsp fish sauce
- 1 lime, zested and juiced
- 1 tbsp lemongrass paste
- 2 garlic cloves, grated
- 3 tbsp plain flour
- 50g panko breadcrumbs
- 2 x 250g pouches ready-cooked brown rice, coriander and sriracha, to serve

For the smacked cucumber

- 1 cucumber
- 1 garlic clove, grated
- 2 tsp soy sauce
- 1 tsp caster sugar
- 1 tsp rice wine vinegar
- 2 tsp chilli oil

1 Put the fish and other ingredients except the flour and panko breadcrumbs in a food processor. Pulse to form a chunky paste, then transfer to a bowl and stir in the flour.

2 Using slightly wet hands, shape the mixture into eight to 10 small patties,. Tip the breadcrumbs onto a plate and roll the fishcakes through to coat. *Will keep chilled for two days*.

3 Heat the air fryer to 180C. Cook for 10-15 mins, turning halfway, until golden and cooked through.

4 Meanwhile, to make the smacked cucumber, lightly bash the cucumber along its length using a rolling pin, breaking the flesh a little without turning it to a pulp. Cut the cucumber in half and scoop out the seeds, then cut the flesh into bite-sized pieces. Sprinkle over 1/2 tsp salt, leave to stand for 10 mins, then rinse well in cold water and drain.

5 Mix the remaining ingredients in a medium-sized bowl and toss the cucumber through.

6 Heat the rice following pack instructions, then serve with the fishcakes and smacked cucumber, with the coriander sprinkled over and some sriracha for dipping.

PER SERVING 390 kcals • fat 9g • saturates 2g • carbs 53g • sugars 4g • fibre 6g • protein 21g • salt 1.9g

Sticky pork & rice noodle lettuce wraps

Building these wraps at the table is a fun way of eating. Serve with your favourite chilli oil alongside, if you like a spicy kick.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY**

- 450g pork belly strips, cut into 3cm chunks
- 150g rice noodles, cooked following pack instructions
- 1/2 tsp sesame oil
- 2 limes, 1 juiced, 1 cut into wedges, to serve
- 5g coriander, roughly chopped, plus extra to serve
- 1 iceberg lettuce, or 2 Little Gem lettuces, leaves separated
- 1 carrot, cut into thin strips (use a mandoline if you have one)
- 1/2 cucumber, cut into thin strips (use a mandoline if you have one)
- chilli oil, to serve (optional)

For the sauce

- 3 tbsp oyster sauce
- 1 tbsp light soy sauce
- 1 tbsp maple syrup
- 1/2 tbsp rice wine vinegar
- 2 garlic cloves, grated
- 5g ginger, grated

1 Mix all the sauce ingredients in a medium bowl, whisking to combine. Pour most of the sauce over the pork belly, making sure it is well coated. Reserve the remaining sauce for basting later.

2 Line the air fryer basket with foil and heat to 200C. Once hot, tip the pork belly into the air fryer basket, spacing the pieces out where you can. Cook for 20 mins, turning every 7 mins. On the final turn, baste with the remaining glaze.

3 Meanwhile, mix the noodles with the sesame oil, lime juice and coriander. Season to taste.

4 When the pork is cooked, bring everything to the table and let everyone fill their lettuce cups with noodles, pork and vegetables. Sprinkle over more coriander and serve with lime wedges for squeezing over and chilli oil for drizzling, if you like.

PER SERVING 435 kcals • fat 19g • saturates 6g • carbs 39g • sugars 7g • fibre 3g • protein 25g • salt 2.1g

Green goddess bowl with crispy sesame tofu

Coating the tofu in sesame seeds makes it lovely and crisp.

SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY** **V**

- 1 tbsp soy sauce
- 1 egg, beaten
- 3 tbsp flour
- 75g black and white sesame seeds
- 450g tofu, thoroughly dried with kitchen paper and cut into strips
- 2 x 250g pouches ready-cooked quinoa
- ½ white cabbage, shredded
- 160g edamame
- 1 green apple, chopped into matchsticks
- chilli flakes, to serve (optional)

For the dressing

- 1 avocado, peeled and chopped
- 15g coriander
- 15g basil
- 100g thick Greek-style yogurt
- 1 lime, zested and juiced

1 Pour the soy sauce and beaten egg into a small bowl and whisk to combine. Put the flour in another bowl and season, and the sesame seeds in a third bowl. Using tongs, dip the tofu pieces first in the flour, then the egg, then in the sesame seeds and turn to coat on all sides.

2 Line the basket of the air fryer with foil and transfer the tofu pieces to it. Cook for 10-15 mins, turning halfway, until golden and crisp.

3 Meanwhile, make the dressing by blitzing all the ingredients in a blender until smooth. Season, then loosen with a little water to a thick but pourable consistency. *Will keep chilled for up to two days.*

4 Heat the quinoa following pack instructions, then divide between four bowls. Put the cabbage, edamame and apple in a large bowl and toss with the dressing. Serve on top of the quinoa along with the crispy tofu. Scatter with chilli flakes, if you like, and serve.

PER SERVING 749 kcals • fat 35g • saturates 7g • carbs 64g • sugars 10g • fibre 16g • protein 36g • salt 0.7g

Pigs in blankets toad-in-the-hole , p104

GATHER ROUND

Dean Edwards serves fun, family meals that'll bring them running to the table

photographs TOM REGESTER

Red-hot honey chicken tender dogs, p104

Dean's cooking career began when he finished second on *MasterChef* in 2006. Since then, he's become a bestselling cookbook author, appeared on a plethora of TV shows and amassed a huge social media following. *@deanedwardschef*

Pigs in blankets toad-in-the-hole

This simple twist on a classic toad-in-the-hole cooks beautifully in your air fryer. For this recipe, I've used small enamel trays to cook the yorkshire puddings individually, but if you want to do a larger one and you have the space, you can use a larger circular tray. Here's a good tip: put a folded piece of foil underneath your yorkshire pudding to help you lift it out.

SERVES 2 **PREP** 15 mins plus 30 mins chilling **COOK** 28 mins **EASY**

vegetable oil
4 good-quality sausages
4 smoked streaky bacon rashers
1/2 small onion, finely chopped

For the batter

80g plain flour
2 eggs, lightly beaten
140ml milk
1/2 tsp dried thyme

To serve (optional)

mashed potato
cabbage
peas
English mustard
gravy

1 To make the batter, put the flour in a bowl and make a well in the middle. Pour the eggs into the well, then gradually whisk in the milk until smooth. Add the dried thyme and a good pinch of salt and pepper, then chill for 30 mins.

2 Heat the air fryer to 200C. Either use a large circular heatproof dish or individual dishes. My individual dishes measure about 18 x 13 cm. Put a good splash of oil into each dish, then transfer to the air fryer drawer and cook for 5 mins to preheat the oil.

3 Meanwhile, wrap each sausage in a bacon rasher. Once the oil is hot, pop two into each dish along with the onion and cook for 3 mins.

4 Gently pour in the batter and cook for a further 20 mins until golden and risen and the sausage and bacon are cooked through. Serve with your choice of accompaniments.

Red-hot honey chicken tender dogs

I love snacking on tortilla chips, especially dipped into a cooling salsa or creamy guacamole – because my favourites are the red hot variety. If you don't like the heat, these crispy chicken tenders can be coated in almost anything: breadcrumbs, your favourite crisps, even crushed-up cornflakes. They can also be eaten on their own with a dip, as well as served in hot dog rolls.

SERVES 4 **PREP** 20 mins **COOK** 12 mins **EASY**

60g plain flour
1 heaped tsp smoked paprika
1 egg, lightly beaten
100g red-hot tortilla chips, crushed (or see recipe intro)
2 skinless chicken breasts, each cut in half lengthways
2 tbsp honey
2 tbsp sriracha

To serve

hot dog rolls (I like brioche), toasted
coleslaw

1 Heat the air fryer to 190C. Mix the flour with the paprika and some salt and pepper, then place in a dish. Put the egg in another dish and the crushed tortilla chips in a third. Dip the chicken slices into the flour and gently tap off any excess, then dip into the egg, then finally coat well with the crushed tortilla chips.

2 Put the chicken on the crisp plate inside the air fryer drawer and cook for 12 mins, turning halfway through.

3 Meanwhile, mix the honey and sriracha in a bowl. When the chicken is ready, toss the crunchy tenders in the sauce until coated. Serve in the hot dog rolls with creamy slaw.

Crispy oregano halloumi fries

These are delicious, and my favourite use for them is inside a gyro. I had my first taste of a gyro on holiday many, many years ago, and now I'm seeing really elevated versions popping up in restaurants and street-food stalls all over the place. My favourite version includes these halloumi fries with the traditional chips, salad and dressings. Load up a flatbread yourself and try it out.

SERVES 2 **PREP** 20 mins
COOK 12 mins **EASY** **V**

225g block halloumi
40g fine dried breadcrumbs or panko breadcrumbs
1 tsp dried oregano
1 heaped tsp garlic granules
40g plain flour
1 egg, lightly beaten
cooking oil spray
To serve (optional)
shredded lettuce
chopped tomato
chopped cucumber
red onion slices
warmed flatbreads
tzatziki
chilli sauce

1 Cut the halloumi into large chip shapes – you should get 16 pieces. Combine the breadcrumbs, oregano and garlic in a shallow dish, put the flour in another dish and the egg in a third. Coat the halloumi in the flour and gently tap off any excess, then dip into the egg, then finally toss through the breadcrumbs.

2 Heat the air fryer to 180C. Put the halloumi fries on the crisp plate inside the air fryer drawer, then spray with oil. Cook for 12 mins, turning halfway through.

3 To serve as part of a gyro, load the salad and halloumi fries onto the flatbreads, season and serve with tzatziki and chilli sauce.

Prawn-fried rice

Egg-fried rice from the takeaway is one of my favourites, but I do often worry about the amount of oil it takes to get it just right. By making it in the air fryer, you can create this fakeaway without the guilt. I've used a time-saving pouch of microwaveable rice to speed things up, but if you have some leftover rice from a previous meal, feel free to use that instead. Please note that if you're using cooked rice left over from another meal, it must have been stored in the fridge and used within 24 hours.

SERVES 1 **PREP** 10 mins
COOK 15 mins **EASY**

- 250g pouch microwaveable rice
- 1 heaped tsp garlic and ginger paste
- 80g prawns
- 50g frozen peas, defrosted
- 1 small red chilli, finely sliced
- 3 spring onions, finely chopped
- 1 egg, lightly beaten
- 1 tbsp soy sauce, or to taste

1 Heat the air-fryer to 210C. Tip the rice into the air fryer drawer, or a heatproof container measuring about 20 x 15cm. Stir through the garlic and ginger paste, prawns, frozen peas, chilli and chopped spring onions, then cook for 10 mins.

2 Drizzle over the egg, then cook for 5 mins more, stirring occasionally to break it up. Add the soy sauce to taste, stir well, then serve.

SAFETY FIRST

Cooked rice can harbour bacteria, so it's best to transfer any leftover cooked rice to the fridge as soon as it's cold.

COOK SMART
AIR FRYER
90 quick and easy energy-saving recipes
DEAN EDWARDS

Recipes extracted from *Cook Smart: Air Fryer* by Dean Edwards (£20, Hamlyn) and not retested by us.

Sticky hoisin pork belly bites

Pork belly is one of my favourite cuts of meat, not only because it's cheap, but also because of the incredible flavour and richness you get from it. These crispy bites work perfectly with their sweet, sticky and spicy hoisin glaze. Chiu chow chilli oil is a smoky condiment that you can find in the world foods aisle of your local supermarket, but chilli flakes or sweet chilli sauce would work perfectly, too. I love to eat these with some fluffy rice.

SERVES 4 **PREP** 15 mins
COOK 22 mins **EASY**

- 4 thick-cut pork belly slices (about 800g), cut into bite-sized pieces
- 1 tbsp sesame seeds
- 4 spring onions, finely sliced

For the glaze

- 3 tbsp hoisin sauce
- 1 tbsp honey
- 1 tsp garlic and ginger paste
- 1 tsp chiu chow chilli oil, or more to taste

1 Heat the air fryer to 180C. Put the pork belly pieces on top of a rack in the air fryer basket. Cook for 12 mins, shaking halfway through. Drain off the fat, remove the rack and put the pork belly directly in the drawer.

2 Meanwhile, make the glaze by combining the hoisin, honey, garlic and ginger paste and chilli oil in a bowl.

3 Pour the glaze over the pork belly, then toss well and cook for a further 10 mins. Once cooked, scatter over the sesame seeds and sliced spring onions before serving.

FRIENDS FOR DINNER

Take all the stress out of hosting with these elegant mains – they're all easy to make and some can also be prepared ahead and kept frozen

Maple-glazed duck with orange & watercress

Impress your guests with roasted duck legs in a sweet and sticky glaze of maple syrup, soy sauce and orange juice, paired with a punchy orange and watercress salad. Depending on the size of your air fryer you may need to cook this in two batches.

SERVES 4 **PREP** 35 mins
COOK 35 mins **EASY**

4 duck legs
100g watercress

For the glaze
2½ tbsp soy sauce
2½ tbsp maple syrup
1½ tbsp honey
1½ tbsp orange juice
1 small cinnamon stick
small piece of ginger, finely grated

For the salad dressing
1½ tbsp clear honey
1 tbsp rice wine vinegar
1 tbsp soy sauce
1½ tbsp orange juice
50ml chicken stock
1 tbsp extra virgin rapeseed oil
2 oranges, peeled and segmented

1 To make the glaze, pour the soy sauce, maple syrup, honey and orange juice into a saucepan and bring to the boil. Drop in the cinnamon stick, stir in the ginger and simmer until the glaze is sticky, then leave to cool.

2 Heat the air fryer to 180C for 3 mins. Pat the skin of the duck legs dry with kitchen paper then put in the air fryer in a single layer skin-side up (if you have a single basket air fryer you may need to do this in two batches). Air fry for 25 mins, turning the legs twice so they cook evenly. With the duck legs skin-side up, brush generously with the glaze and continue to cook for 5-10 mins, checking on them so they don't burn. If you have one, insert a probe thermometer – the temperature of the duck should be 74C. Remove the legs from the air fryer and leave to rest while you make the dressing.

3 Whisk together the honey, vinegar, soy sauce, orange juice and chicken stock in a pan. Simmer until reduced by half, then whisk in the oil. If you like, you can char the orange segments. Lay them on a metal baking tray and caramelise with a blowtorch (you only need to colour one side).

4 To serve, tip the watercress and orange segments into a large bowl and toss in half the dressing. Divide the salad between the plates, place a crispy duck leg on top and drizzle with a little extra dressing.

PER SERVING 509 kcals • fat 21g • saturates 6g • carbs 27g • sugars 26g • fibre 1g • protein 51g • salt 2.4g

Beef, green olive & sumac koftas

For a laidback get-together, pile these koftas onto a platter alongside flatbreads, hummus and salad, then let everyone dig in. You could also make a batch of koftas ahead of time and freeze, so you have more time to spend with friends.

SERVES 6 **PREP** 30 mins
COOK 20 mins **EASY**
❄ uncooked only

olive oil, for brushing
1 tbsp honey, for glazing

For the koftas
800g 12% fat beef mince
2 garlic cloves, grated
100g green olives, pitted and roughly chopped
50g pistachios, roughly chopped
2 tsp sumac
1 tbsp ground cumin
2 tsp ground coriander
½ tsp ground cinnamon
1 tsp mild chilli powder

For the salad
1 red onion, sliced
1 lemon, juiced
1 whole cucumber, deseeded and finely sliced
2 large handfuls of parsley leaves
50g pomegranate seeds
pinch of sumac

To serve
hummus, pickled chillies and flatbreads

1 If you're prepping ahead, line a freezer-proof container with baking parchment. Mix together all the ingredients for the koftas in a large bowl along with 1 tsp salt and a big pinch of black pepper. Roughly form into koftas using your hands (using about 40g for each kofta) – you should have 24 in total. *Fill the prepared container with the koftas, putting another sheet of baking parchment between them if you need to make a second layer, then wrap the container well. Will keep chilled for up to four days, or frozen for up to three months. Defrost overnight in the fridge before cooking.*

2 To make the salad, scrunch the red onion and lemon juice together along with a pinch of salt. Set aside for 10 mins to lightly pickle, then mix in the cucumber slices, parsley and pomegranate seeds. Season to taste. Tip into a serving bowl and sprinkle over the sumac.

3 Heat the air fryer to 180C. Brush the koftas with olive oil and cook in the air fryer in a single layer (or in batches if needed) for 15-18 mins, turning twice so they cook evenly. Make sure the koftas are hot through to the middle. Brush with honey and return to the air fryer for 1-2 mins to glaze.

4 Spread the hummus out on a serving platter and pile over the koftas. Serve with the salad, some pickled chillies and the flatbreads.

PER SERVING 435 kcals • fat 26g • saturates 9g • carbs 10g • sugars 8g • fibre 5g • protein 37g • salt 1.7g

Kimchi chicken schnitzels

Cooking these schnitzels in the air fryer ensures they're super-crisp. Again, these are ideal for freezing and the bonus is, you can also cook them from frozen, so you're covered if you have to cater for any impromptu guests.

SERVES 4 **PREP** 35 mins plus 2 hrs marinating **COOK** 15 mins **EASY**
❄ uncooked only

4 chicken breasts
150g kimchi, finely chopped, plus 3 tbsp of the brine
2 eggs
50g plain flour
150g fine white dried breadcrumbs
1 tbsp vegetable oil, plus extra for the air fryer
½ white cabbage, finely sliced
150g mayonnaise
1 tbsp rice vinegar
lemon wedges, to serve

1 Butterfly the chicken breasts by cutting through the thickest part of each breast, stopping 1cm before the edge, then opening them out like a book. Cover with a sheet of baking parchment and, using a rolling pin, bash out each chicken breast as thinly as possible. Transfer to a container and pour over the kimchi brine, turning well to coat. Chill for at least 2 hrs to marinate, or up to 24 hrs.

2 Remove the chicken breasts from the brine and lay on a clean chopping board. Lightly salt both sides of the chicken and set aside. Pour the brine into a shallow bowl and whisk in the eggs. Tip the flour and breadcrumbs into two separate shallow bowls. Toss 1 tbsp oil through the breadcrumbs. Dip each chicken breast into the flour, pressing to coat, then into the egg mixture and finally the breadcrumbs, then press well again. Transfer to a wire rack lined with baking parchment. *To freeze the schnitzels, carefully put the wire rack flat in the freezer and freeze for 5 hrs until solid. Transfer to a container with baking parchment between each schnitzel. Will keep frozen for up to three months.*

3 On the day of serving, put the cabbage in a bowl of iced water and leave for 10 mins. Just before serving, drain and dry in a salad spinner to crisp up, or put in a clean tea towel and swing it round to spin in the same way.

4 Heat the air fryer to 200C for 3 mins. Spray or brush the schnitzels with oil and cook in a single layer in the air fryer basket for 12-15 mins, turning halfway through, until golden, crisp and cooked through to the middle. Depending on the size of your air fryer, you may need to do this in batches. *If cooking from frozen, heat the air fryer to 180C and cook for 20-25 mins, turning twice, until hot through.*

5 Meanwhile, combine the kimchi, mayonnaise and rice vinegar, and season to taste. Serve the schnitzels with the kimchi mayonnaise and crisp cabbage on the side, with lemon wedges for squeezing over.

PER SERVING 751 kcals • fat 43g • saturates 4g • carbs 44g • sugars 7g • fibre 2g • protein 46g • salt 1.5g

YOUR GUIDE TO THE BASICS

We look at all the ways this must-have appliance can enhance your cooking, plus a round-up of our favourite models

The health benefits

1 **A lower-fat method of cooking** Air fryers need significantly less oil than deep-fat fryers, and a 2015 study showed that food cooked using an air fryer was, as a result, substantially lower in fat. An air fryer does this by heating the food in hot air that contains fine oil droplets.

2 **May help weight management** Deep-fried foods are high in both fat and calories, so swapping these foods for those cooked in an air fryer may help to reduce your calorie intake. However, this does depend on how often your diet involves frying food compared to other cooking methods.

3 **Lower levels of acrylamide** Studies show that using an air fryer reduces a compound known as acrylamide by up to 90% compared to deep-fat frying. It is a chemical formed when starchy foods, like potatoes, are cooked at above 120C). Acrylamide is a known carcinogen.

4 **Less chance of accidents** Of course deep-frying involves heating a large pan of oil to a high temperature which poses a safety risk because hot oil may spill, splash or catch fire. Air fryers, when used as per their instructions, do not pose the same safety risks and are much less messy.

5 **May preserve nutrients** Convection heat, such as that used in an air fryer, may preserve certain nutrients during the cooking process. These include vitamin C, as well as numerous protective plant compounds called polyphenols that help to combat inflammation.

HOW TO CHOOSE AN AIR FRYER

Models differ in size and versatility, so it's worth considering your needs before you buy

Think about the following while you do your research:

What would you like to cook in it?

How many people are you cooking for?

How much space do you have?

What is your budget?

Do you have a specific requirement for ease of use?

For example: large, clear function icons and controls, or perhaps an audible indicator for when each function has finished?

If it's simply a healthier, more efficient method of cooking chips that you're after, you can narrow your search down to an air fryer without bells and whistles, and save on a machine that does the core function well. Watch out for those models that require you to briefly boil the cut potatoes prior to crisping – any air fryer worth having should be able to fully cook chips from scratch.

What to consider

Think of your individual requirements before investing.

Manual or digital
The simplest air fryers come with manual knobs that you twist to set the time and temperature. You may prefer a digital version, where you press buttons to set this and can see the remaining time digitally displayed.

Choice of preset programmes
Do you like to choose your own temperature and how long to cook things for, or would you prefer to leave all that to the machine? Some air fryers have up to nine preset programmes for foods ranging from chips to prawns.

Speed
It can take between 17 and 30 minutes to cook chips, so this might be a factor. Some models require preheating, but only for a few minutes (much less than an oven).

Size
Always check the size of an air fryer as the capacity varies enormously – important if you're feeding the masses or just want dinner for one. But bigger isn't always better. Some air fryers take up more space on the kitchen surface, and if you're going to keep yours in a cupboard, check the dimensions – some are pretty sizeable beasts.

Transparent lid or internal light
Some models have a see-through lid so you can check your chips are browning well. With others, you have to open the basket to check, stopping the machine. The transparent lids tend to be a feature on more expensive machines, so you need to decide how important this is to you.

Shaking
With most air fryers, you need to shake chips halfway through cooking. Some machines have clever devices built in to turn the food for you. Again, these tend to be the more expensive models, but this could be a factor to consider if you're tending to other things and want to just leave your dinner to cook.

Cleaning
You'll need to wash the air fryer basket and pan after use. Some need to be hand-washed, while others are dishwasher-safe. (The main parts of the machine should just be wiped using a cloth.)

Price
Air fryers vary hugely in price, and can be budget-friendly or go up to £300 (see page 118 for budget models and higher-end ones).

Are air fryers worth it?

The primary perk is convenience. As with any kitchen gadget, you want something that's going to make your life simpler, and there's no doubt that frying or baking conventionally isn't always the easiest.

Using an air fryer to bake, roast or fry will speed up the process, and can potentially cut calories and save money as you won't have to use your main oven for smaller portions and side dishes.

Think of air fryers as mini ovens that can tackle almost anything you'd put in a conventional oven or deep-fat fryer. They're not just for chips or chicken either: you can bake, roast and even dehydrate ingredients, too.

What can you cook in an air fryer?

The humble potato is a great starting point. Using an air fryer, it's possible to achieve a similar or even better texture and flavour for chips and roast potatoes using considerably less oil. The same applies to coated or breadcrumbed foods where you want that perfectly crisp coating. You can experiment with all sorts of vegetables and meat.

On mid-range models, baking functions are often an option using non-stick accessories. This opens the door to thrifty bakes, classic cake recipes and free-from foods for those with dietary requirements.

Fruit leather is an excellent way to make the most of a dehydrate function, if your air fryer has one (search 'fruit leather' on *goodfood.com*). Or for an umami kick, try dehydrating tomatoes or mushrooms.

Is it always healthier?

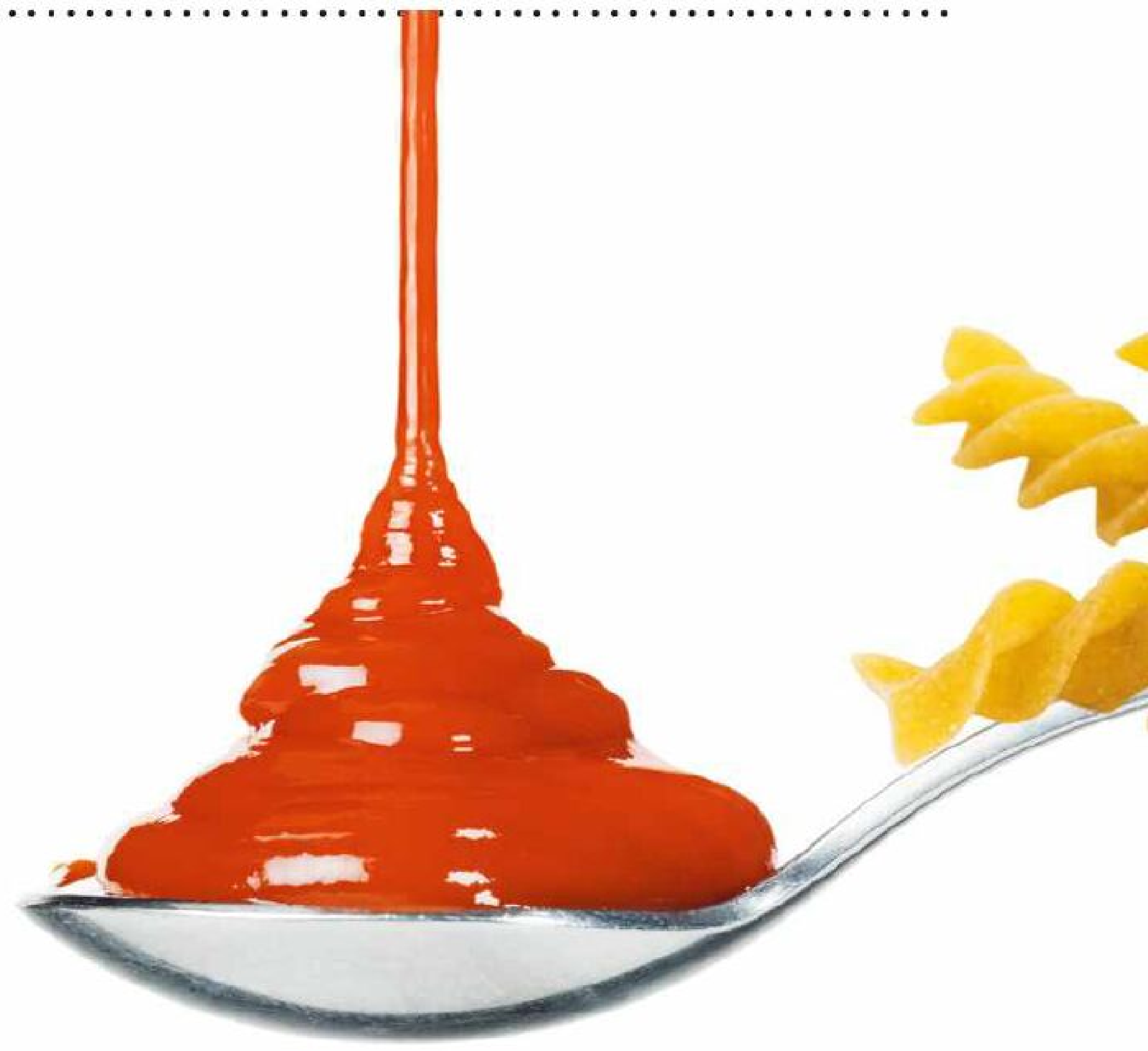
Overall, air fryers are a healthier alternative to deep-fat frying, but food cooked in an air fryer is still classed as a fried food. Fried food has been shown time and again to contribute to weight gain, type 2 diabetes, heart disease and certain cancers, so if you use an air fryer, use it as an occasional cooking method rather than every day.

One example of a negative effect air frying may have on food and your health was illustrated by a study that showed cooking fatty varieties of fish, such as sardines, in an air fryer decreased the healthy fat content (polyunsaturated fats) and slightly increased the cholesterol oxidation products, which may negatively affect cholesterol levels.

What are the limitations of an air fryer?

Despite being such a popular kitchen appliance, they can't cook everything – and there are some foods that should never be cooked in them

What not to cook in an air fryer



ANYTHING WITH A WET BATTER
Recipes that require a wet batter, including fried chicken, can be very messy if air fried. This is because there isn't enough hot oil to set the batter and it will drip everywhere rather than forming a crunchy coating. The puddle of batter may also burn the base of the basket.

You can, however, cook air fried chicken with a dry coating using a flour mix and seasoning. "I like to add garlic granules, smoked paprika and celery salt," says Good Food's Ailsa Burt. "I'd then drizzle over buffalo sauce and eat with a crunchy romaine lettuce salad. Serve immediately for perfectly crispy chicken."

Fried battered foods that have been frozen can be air fried, however, as the wet batter sets during the freezing process.

TOAST
This is best avoided too, says Good Food's food content producer Helena Busiakiewicz. "If you put bread in an air fryer, it will just move around and not really cook properly. For best results, I'd always stick to a toaster."

ANYTHING WITH A SAUCE
Hearty dishes, including stew, chilli con carne or bolognese are midweek favourites, but Good Food's senior food editor Samuel Goldsmith advises against using an air fryer to cook them. Hot air circulating inside the air fryer can cause hot liquids to splatter, which can be dangerous – not to mention very messy.

It's better to use slow cookers for sauce-based recipes – they're usually low-maintenance and efficient to run, which is ideal for keeping your energy bills down.

POPCORN

This popular snack won't cook well in an air fryer as most models won't reach the required temperature to pop the kernels. Popcorn kernels can also become lodged within the air fryer's heating element, which may cause the appliance to short circuit, creating a fire hazard.

The good news is that it's easy to make your own popcorn by cooking on the hob or in the microwave. You'll find a range of popcorn recipes at *goodfood.com*.

For an alternative snack, try our **air fried pasta chips**. Toss **200g cooked farfalle** with **2 tbsp olive oil**, **2 tsp smoked paprika**, **1 tsp ground cumin**, a **pinch of oregano**, **1 tsp onion granules**, plus salt and pepper. Air fry for 15 mins at 180C, shaking every 5 mins.

PASTA

It is possible to cook pasta in an air fryer, as above, and "pasta bakes that just require the baking part should be fine," says Ailsa Burt. "But, I wouldn't use an air fryer to cook pasta dishes with lots of sauce."

For the best al dente pasta, cook in the traditional way in a saucepan of salted boiling water on your hob.

BROCCOLI

Some vegetables, such as brussels sprouts, are good at retaining moisture, so they crisp up well in an air fryer. Broccoli, however, can dry out and become chewy and bitter.

Roasting is usually a better way to achieve crispy broccoli, which you can do in an oven or in an air fryer that has an oven extension.

RICE

Like pasta, raw grains of rice need to be boiled in water to cook, and while it's fine to add a few drops of water to your air fryer basket, these gadgets aren't built for boiling or steaming.

If you want to achieve a crispy finish on rice, Samuel Goldsmith suggests cooking on the hob first before adding it to the air fryer afterwards for a few minutes. Rice cookers also produce excellent fluffy rice – discover the best rice cookers using our guide at *goodfood.com*.

HARD-BOILED EGGS

While you can use an air fryer to make hard-boiled eggs, the texture can be chewy and rubbery, and there are certainly other ways of producing better results. Learn tips and easy techniques for making hard-boiled eggs by using our guide at *goodfood.com*.

If you're still keen to give it a go, however, Ailsa Burt advises cooking medium-sized eggs straight from the fridge at 125C for 10 minutes.

Photographs GETTY IMAGES

Care instructions

Proper care and maintenance ensures your air fryer lasts longer

We recommend cleaning the basket of your air fryer after every use so that dirt and grime doesn't become baked on. Give it a deeper clean (inside the unit and the coil) every few uses, too.

How to clean an air fryer

- Unplug the air fryer after use and leave it to cool completely.
- Take out all the removable parts and detach the component parts.
- Clean each part with warm water and washing-up liquid solution. Use the soft side of the sponge or cloth to avoid damaging the non-stick coating. Wash the gaps of the basket to ensure it's thoroughly cleaned.
- If there are any burned-on bits of food that can't be removed by the sponge alone, make a paste of bicarbonate of soda and water, and put it on the stubborn parts. Leave this to work for 20 minutes or, if you're short on time, gently buff it off using an old toothbrush.
- Rinse the component parts and leave to dry.

When doing a deeper clean, be aware that the main unit of the air fryer cannot be submerged and will need to be cleaned by hand.

- Use a sponge or cloth with a water and washing-up liquid solution.
- Check the heating coil on the underside of the air fryer (similar to a grill unit on an oven) for specks of grease and dirt. Clean this with a sponge or cloth and the water and washing-up liquid solution. Rinse well to ensure no residual soap is left on the coil.
- Leave all the baskets and the inside of the unit to dry completely, then reassemble.
- If your air fryer has a rotisserie basket, this can be cleaned in the sink with water and washing-up liquid. Use a toothbrush to scrub between the gaps.

Can you use a dishwasher?

While many air fryers come with parts that are dishwasher-safe, we'd advise against doing this every time. The chemical make-up of dishwasher tablets can be more powerful than classic dish soap and may strip the non-stick coating off your air fryer faster than hand-washing. Check the manual to find out which parts, if any, are dishwasher-safe.

5 of the best

AIR FRYERS REVIEWED

Need a new model? Here's the lowdown on our tried and tested favourites

words NATALIE BASS

Best for versatility

ProCook Air Fryer Health Grill

This is ProCook's first ever air fryer grill, and it impressed us from the moment we unboxed it. The sleek, stainless steel design looks great on the countertop, and among the 12 presets are traditional settings like air fry, roast, grill and bake, plus more unique functions like slow-cook and steam. A non-stick crisper basket, cooking pot, grill rack, glass lid, removable splatter shield and cleaning brush are also included. **Available from** ProCook (£179)

Best for quick and even cooking

Cosori TurboBlaze Air Fryer

New to Cosori's range of air fryers, the TurboBlaze is a stylish six-litre gadget with nine presets, including air fry, roast, grill, prove and reheat. It comes with a wide, bright touchscreen and five fan speeds, and temperatures can reach as high as 230C. In testing, we loved how easy it was to use and though it looks quite chunky, it's versatile and relatively quiet while it cooks. **Available from** Amazon (£99.99)

COSORI
COSORI
Recipe Book

Best for families

Ninja Foodi Max Dual Zone AF400UK

With six presets on offer, this 9.5-litre air fryer has two separate cooking zones and sync-and-match functions, so you can programme both drawers to finish cooking simultaneously. We found it a joy to use, and liked that there was no flavour or smell transfer between the two drawers. Just bear in mind that this is a big appliance, so you'll need a decent amount of space to store it. **Available from** Ninja (£199), Currys (£199.99)

Best for crispy air fried chicken

Lakeland 8-litre Dual-Basket Air Fryer

Watching chicken crisp up in an air fryer can be so satisfying, and this eight-litre model has windows on each drawer that allow you to peek inside. It has eight presets – steak, chicken wings, seafood, pizza, fish, chips, bake and veg – and its sync function adds convenience, too. With this model, we cooked some of the best air fryer chicken we've ever tasted. **Available from** Lakeland (£89.99)

Best for good looks

Our Place Wonder Oven

This stylish air fryer oven from Our Place launched in the UK last year and is the brand's first ever kitchen appliance. It's available in four colours and presets include air fry, roast, bake, grill, reheat, steam and toast. We found our dishes took longer to cook than in other air fryers we've tested, but everything came out crisp and golden. It also comes with a non-stick baking tray, air fryer basket and wire rack. **Available from** Our Place (£195)

HOW WE CONDUCT OUR REVIEWS

We test and research a range of products in each category to ensure every budget is represented. Products must meet criteria including nationwide availability through an online retailer to be shortlisted. Shortlists for testing always include a minimum of 10 products, with testing criteria that include sustainability, energy usage and packaging. Scan the QR code for more expert reviews.

good FOOD **READER OFFER**

Save 15% on the Haden 12-litre dual zone air fryer

£84.15
(RRP £99)
inc p&p*
180C 200C
HADEN

With a sleek black design and a digital control panel at the top, this air fryer will look at home in any kitchen. The control panel features touch-sensitive buttons for various cooking functions and the air fryer has dual cooking compartments and a generous 12-litre capacity.

This air fryer enables you to cook multiple meals at once, perfect for large families or batch cooking. It's the ultimate appliance for achieving that crisp finish without oil.

Features include:

- Adjustable timer up to 60 minutes
- Variable temperature up to 200C
- DUAL feature – ideal for batch cooking, utilising both cooking zones
- 3.5-litre removable air fryer basket and 8-litre cooking zone
- Removable 8-litre door for easy cleaning
- SYNC feature – cook two foods, two ways, ready at the same time
- Fry Force 360 technology cooks quickly and evenly with no oil
- 10 one-touch functions to cook everything with just a tap
- Non-stick, dishwasher-safe oil basket and rack

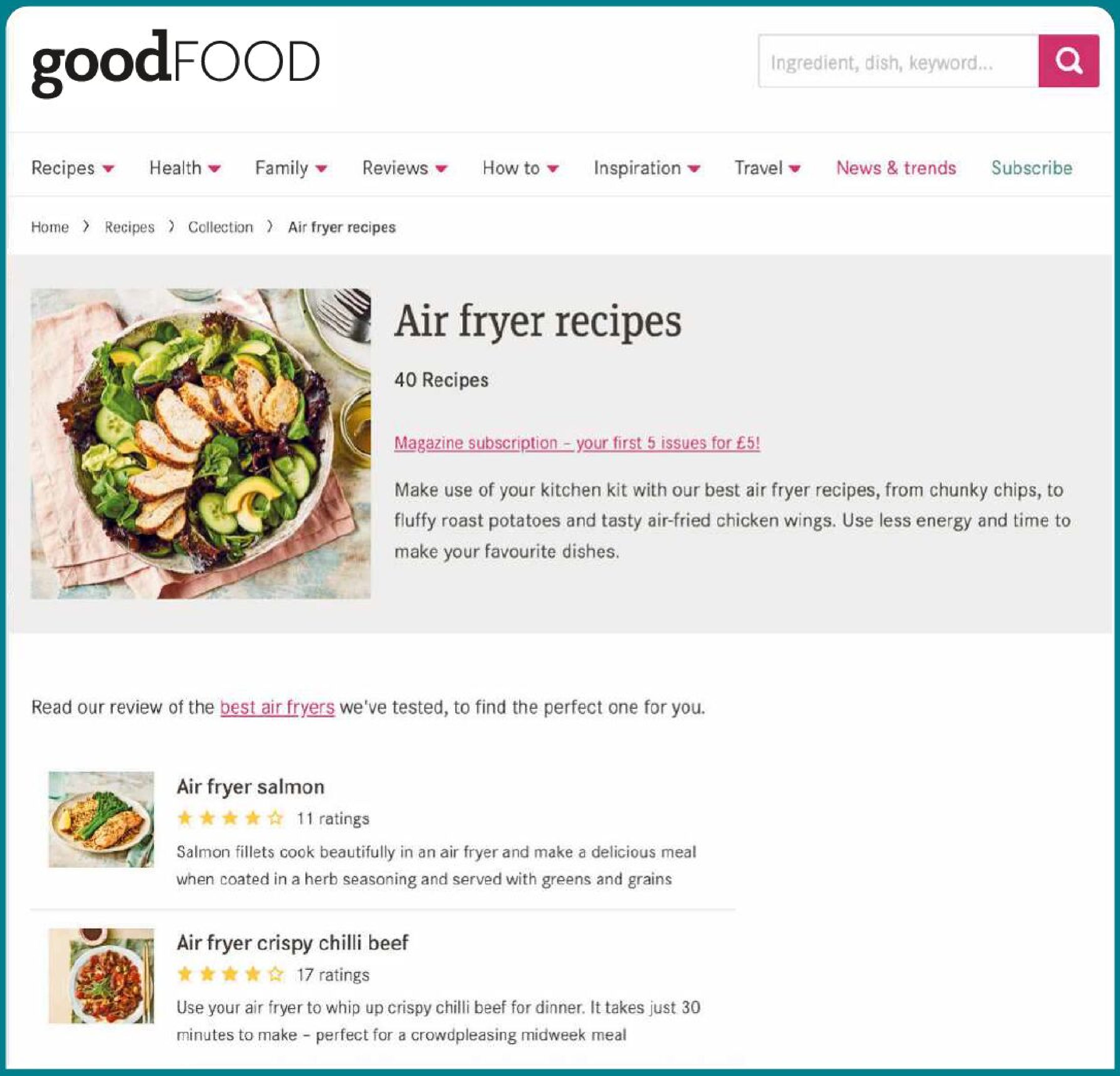
180C 200C
HADEN

HOW TO ORDER

Visit ***haden.com*** and use code AIRFRYER15 at checkout

TERMS & CONDITIONS *Orders are despatched from 5-7 working days. Standard delivery is free on all orders over £50, some postcode restrictions may apply. A £4.95 delivery charge applies to orders under £50. Offer closes 30 December 2025 or while stocks last. Delivery to UK mainland only, some exclusions may apply. Only one discount code can be used per order.

HADEN



Air fryer recipes

40 Recipes

Magazine subscription – your first 5 issues for £5!

Make use of your kitchen kit with our best air fryer recipes, from chunky chips, to fluffy roast potatoes and tasty air-fried chicken wings. Use less energy and time to make your favourite dishes.

Read our review of the best air fryers we've tested, to find the perfect one for you.

Air fryer salmon
★★★★☆ 11 ratings
Salmon fillets cook beautifully in an air fryer and make a delicious meal when coated in a herb seasoning and served with greens and grains

Air fryer crispy chilli beef
★★★★☆ 17 ratings
Use your air fryer to whip up crispy chilli beef for dinner. It takes just 30 minutes to make – perfect for a crowdpleasing midweek meal

Be inspired at
goodfood.com

where you'll find hundreds of award-winning, thoroughly tested recipes, plus tips and expert guides

goodfood.com/recipes/ air-fryer-recipes

Make the most of your kitchen kit with our best air fryer recipes. Save energy and time while cooking your favourite dishes

Extensive how-to guides

Instructional videos

Buyer's advice for choosing the best air fryers

goodfood.com/review/best-air-fryers

goodFOOD

Get the best with our recipes

Good Food is the UK's No 1 food lifestyle media brand. We're passionate about food and cooking. While recipes are our focus, we're committed to helping you have the best food experience you can. We take food seriously, but also believe it's a pleasure to be enjoyed, whether cooking for the family or trying new recipes. We would love you to share your cooking efforts with us on our social media channels. *@goodfoodeveryday*

Cook with confidence

Our recipes are tested thoroughly, so they'll work first time for you at home. Most are developed in our test kitchen by our cookery team. No matter who writes the original recipe, each one is thoroughly tested. Your time and money are precious, so we want to guarantee you a perfect result every time.

- Always read the recipe before starting, and use standard measuring spoons for accuracy.
- If egg size is important, we'll state it in the recipe.

What our labels mean

EASY Simple recipes everyone can make, even beginners.

MORE EFFORT These require a bit more skill.

If we say you can freeze a recipe (❄), freeze for up to three months unless otherwise stated. Defrost thoroughly.

Helping you eat well

Our BANT-registered nutritionist analyses our recipes on a per serving basis, not including optional suggestions. You can compare these amounts with the Reference Intake (RI), the official amount an adult should consume daily: Energy 2,000 kcals, Fat 70g, Saturates 20g, Carbohydrates 260g, Sugars 90g, Protein 50g, Salt 6g (please note, RIs for total fat, saturates, sugar and salt are the maximum daily amounts).

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recipes always work

All our recipes are thoroughly tested by experts

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RECIPE KEY ● Vegan

SWEET CANAPÉS

Everyone will adore these creamy, zesty Portuguese-style bakes

Clementine custard tarts

SERVES 12 **PREP** 25 mins plus cooling
COOK 25 mins **MORE EFFORT** **V**

- 6 clementines, 3 zested, all juiced (you'll need about 240ml)
- 320g sheet ready-rolled puff pastry
- plain flour, for dusting
- 2 eggs, plus 3 egg yolks (freeze the surplus whites for another recipe)
- 2 tbsp cornflour
- 2 tbsp caster sugar
- 450ml whole milk
- icing sugar, for dusting (optional)

1 Bring the clementine juice to the boil in a saucepan over a medium heat. Cook until reduced to about 50ml (this may take up to 20 mins). Leave to cool.

2 Unravel the puff pastry. Scatter over two-thirds of the clementine zest. Re-roll the pastry into a tight spiral from one of the short ends, then cut along its length at 2cm intervals into 12 even rounds. On a lightly floured surface, roll each round into a roughly 10cm circle. Line 12 mini foil cases with the pastry rounds. Chill in the fridge until needed.

3 Put the eggs, egg yolks, cornflour, sugar, reduced clementine juice and the remaining zest in a saucepan, then whisk to combine. Gradually whisk in the milk until the mixture is smooth, then warm for 8-10 mins over a low-medium heat until thickened and starting to simmer. Remove from the heat, pour into a jug and leave to cool for a few minutes, whisking occasionally to prevent a skin from forming on the surface.

4 Heat the air fryer to 180C. Fill each pastry case with custard until almost full. Bake for 10-12 mins until the pastry cases are golden and the custard has browned slightly on top (you made need to do this in two batches). Leave to cool completely then dust with icing sugar before serving, if you like.

PER SERVING 187 kcals • fat 11g • saturates 5g • carbs 18g • sugars 7g • fibre 1g • protein 5g • salt 0.3g

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